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# Parasites / Worms

## 2011

This material is an updated version of past stories / information and what I have chosen to believe, from what I have read, self-experimented with and heard back from others.

### New Name - P / W

(P / W stands for **Parasites & Worms**)

The de-wormer formulas in the past have been called Old Amish De-wormer, Worms “B” Gone, Barefoot De-wormer, and various other names given by those that resale it.

By **M.H. 108** (my computer nickname)

Creator of The School of *Self*-Applied Prevention

#### **Disclaimer / forward**

All of my material written is for entertainment purposes only. I am not professional trained in writing or a medical student or medical teacher. I am a master herbalist, which is basically nothing; but in theory, suppose to be a step above an herbalist and also be one who desires to “teach” others about herbs and human health in general. Everything written is nothing but my current opinions that are all subject to change at anytime. I assure you, the title of master herbalist is a joke in America.....same as most titles are. I learned from being sick and finding no help from available sources. I had to save my self, I had to learn and I spent a good 20 years in my search and discovered most everything written after 1950 was written by fakes and those that had a product to sale, etc.. I often tell people; I suggest good herbs are about 1/6<sup>th</sup> the program needed to turn ill health around. I also tell people you can’t read for another person; the person that is sick needs to be seeking the solution and that means they need to be well self-trained and prepared long before age 50, or they most likely will never put the effort needed and fail at self-applied prevention. Sadly, most humans will never take self-applied prevention seriously, until past age 50 and with terminal cancers.

All information I write is my own opinions based on what I choose to believe, most I can never prove and am relying on the theory that I collect the best information from each book I read and have learned from personally or from what others have told me. I try to use common sense based on Nature. I believe Nature never lies. I know all humans are subject to lying, mostly because we often just pass on misinformation that we have chosen to believe from our teachers. Therefore, I warn the reader to never take anything written as the God’s Truth. Use your own common sense and test what you choose to believe worth trying. You and only you can prove or disprove what you have read; only you know what will work in your present situation. You and you alone are responsible for your health, your life. Trust God and live in peace best you can, enjoy the life God has provided for you. A clean pure body provides the best suitable home for your spirit. A sickly body can not help others. All humans seeking life will seek health. Longevity is the reward for those that were faithful to Nature’s Instructions.

Information with out products / methods is worthless information. Thousands of books exist on theories that no one ever succeeds in, because the raw products / methods never existed or were available to the common man, there for I write information that supplies products or is about products, because like others; I too seek to make a living in this money orientated world. Enough said, enjoy!



### **Animal parasites**

I use to buy all books I could find on the internet, old and new that taught about human parasites and those found in animals. The term “animal” parasites refers to the larger parasites found in humans that are complete creatures with reproductive organs and often male and females seeking to exist to mate and reproduce. I found the pictures bazaar and otherwise boring books when written by medical authors. I noticed all countries other than the U.S.A. had very open internet information on how epidemic each type of worm infestation their population was estimated to have, their suggested death rates each year, etc.....while the U.S.A. doctors and information pretty much suggest it is not a medical health issue. Doctors in general seem to know very little; other than they remember taking a short class, with a huge microscope that they seen common worm eggs. It seems they had very minor training on how to identify worm eggs found in the bowel movement. I have never heard of anyone getting medical blood work done and told how many different parasites and eggs were found in their blood sample.

In the U.S.A. you can find endless parasite information on medical type college websites showing the life cycles of many of the common well known worms that dogs, cats, cows, sheep, pigs etc. have and that these worms can transfer to humans. These medical websites provide zero information how to control or rid the animal or human body of

these worms. I am surprised this information even exist, since medical seems lost for a solution.

The worms have no human health value what so ever. These creatures can be many feet long or so small you can't see them with even a nice microscope. In all cases, these parasitic worms eat food and often, human flesh! They can only do damage and they do not want to die and have defenses to protect them selves and compete for space in the human body.

They often live in organs that reproduce cells rapidly. There are worms that line the womb and secrete hormones that keep women sterile, just so the worms can have the womb for their home. There are worms that can leave eggs in the muscle tissues that will be calcified by the Immune defenses and these eggs may not hatch out until the flesh rots, all by God's divine creation. There is no organ, no tissue immune to parasites! They get in the eyes, the brain, our blood and worst of all, certain types swim in our body. Some worms even leave our internal body while we sleep and re-enter by the time we wake up, they can exit the body when the body is trying to kill them. Worms can effect every moment of our existence from conception to death.

Worms don't seek to kill the host. Worms don't want to die once they have set up house keeping, even if they are not in their natural environment. Worms become a problem when over fed and become over populated, just as most creation struggles with. The hardest parasites the body we must deal with are the ones that don't live where blood circulates. The blood seeks to create chemicals that kill worms. Wise worms soon figure this out and the most deadly worms of all live in low oxygen, blood free areas of the body. All dental work and dead teeth are like hotels for the syphilis like creatures, same with all dead tissues / bone and clear fluids. People today often see what they call floaters on the front of their eyes, little worms swimming freely in the none-blood fluids of the body. Worms that live in the skin that can freely move in and out never being attacked by the blood are rarely ever discussed by herbalist or anyone, because they have no solutions or what they believe in, doesn't work.

Worms are a world wide problem that gets worse as the environment gets worse. We humans live at the bottom of an ocean of air where parasites rule. We humans are what are for supper, no one escapes, and the worms keep this planet clean of dead bodies. Worms have their jobs, they and all none human creation, only follow Nature.....they only do what God created them to do. Worms are commonly found in every living creation that relies on blood. In Nature, each species seems to have a few dominant worms known to live in that specie only. Worms tend to enter species that are living beyond what Nature provides for on earth. Humans having the ability to move and adapt to most any environment and diet / habit have over time, became the home to most any parasite known on earth. The last time I looked at a government website that collected worms, they said they had over 20,000 different worms that can be found in humans. Dr. Hulda Clark believed that in the past 100 years with the introduction of solvents in human foods and drinks, that these accumulated solvents allowed worm eggs to hatch in the human intestines and once alive, these worms adapted to having a human host.

Suggesting with each new coloring, additive, preservative, etc...that more and more parasites will find their way into the human cycle.

I have seen quite a few pictures and even video showing that brain tumors are nothing more than a mass of tapeworm eggs. It makes me wonder how often all tumors are nothing but the body's attempt to surround worms or if tumors are not just a mass of eggs waiting to be hatched. Very few suggest herbs work in the brain and always hear about the blood brain barrier...while true possibly, but I have personally felt herbal sprays enter the lungs, run up my neck and go across my forehead and instantly feel an "effect", so I am very confident that all herbs "accepted" into the lungs as "friendly" will flow freely through the blood, directly into the brain within 5 seconds or less. Most likely old information is correct; that no herb eaten or substance taken into the stomach is going to find its way into the brain and the brain has become a safe zone for worms to live. I also personally think the pancreas is another organ where a massive amount of worms live in the ducts where blood does not flow. I think as far as the medical and herbal world goes, they know very little how the body works when it comes to parasites and even less on how to remove parasites non-toxically. They don't realize it is our blood that must do the work; only the blood works efficiently.

Dr. Hulda Clark books reintroduced the common reader to the idea that humans have worms. Medical for almost 100 years has kept parasite information a medical "need-to-know" only subject. Some have suggested medical ignores human parasites, because they are the bread and butter, which keep more patients coming. Dr. Clark started the black walnut, clove, wormwood craze that swept the world. I suggest she chose black walnuts because she lived in an area where they were not available and you always want to sale what others can't get. The Black Walnut Tree is a very anti-parasite tree, but I have never read any current books that knows how or why or how to make a parasite formula using the Black Walnut Tree correctly. The Germans are the world leaders other than China on the study of medical use herbs and they did an extensive study in 1951 on the Black Walnut Tree. Luckily, the Black Walnut Tree is the dominate tree growing on our property.

I personally believe the reason Dr. Clark supplied her formulas and stated anyone could freely share her books, was a clever method to sale books and products and many people did / do make products based on her books and keep her memory alive. Sadly most never looked past her books and just jumped on the ban wagon of supplying products mentioned in her books to the millions of readers that seek products while reading books written about them. Like many books, I suggest her books have much to teach and just as much misleading info as well, in every case, the reader must always be aware! In any case, the common public was learning that worms exist and would see them when using the three herb mixture. I befriended Dr. Clark and met with her for the first time at a seminar she was doing and was asked by her to video her two days. Those videos are available and the only ones that exist of that huge seminar. I showed her that I made her three herb formula into a single liquid and her kidney formula into a single liquid. Both easy to take and superior to dried herbs in a capsule, etc. She had never seen such products and was amazed, but refused to make use of them, since she had already

suggested other methods in her books. Later on, her co partners did commercialize my method of making her parasite formula a liquid. Sadly they all refused to learn the German way of making a correct, toxic free proper formula; mostly because they didn't have fresh walnut trees available and or wanted to take the proper time. So I kept separating myself from those that kept doing what I believed to be wrong. After 10+ years talking and meeting with current day authors, we learned most are just fakes to the worse degree and sadly, some are just straight out frauds and thieves. That lead to the point that we don't trust to buy anything from the big name companies and products promoted by authors that are for sale!

Dr. Hulda Clark will go down in history as the woman that opened the door to the subject of human parasites. Her books should be seen as an avenue or starting point, but beware all her none herbal chemical / electrical style theories. Her dental info is wonderful, but very hard to take by most readers, because the truth often hurts. I will make a file on dental separate of this file on parasites.

Some of the most famous herbalist authors I have read of, rarely made much mention of parasites and very few old medical authors that wrote otherwise wonderful books, usually failed to teach about worms.

The large parasites, we call animal parasites are often complete creatures capable of communication, travel, sex and endless production of babies. None of them have any value. The smaller parasites are commonly called bacteria or viruses.

### **Bacteria / viruses**

These microscopic creatures own planet earth, their numbers can never be counted, they out number the sands of the ocean, actually, 1 grain of sand could have millions of bacteria on each grain. Life could not exist with out bacteria. I have read that humans are upwards of 85% bacteria cells and anytime we have more or less, we are sick. Based on that, it is a great disaster to consume toxic substances that randomly kills bacteria on contact. The largest disaster I have seen is all metallic water/drink sources, wrong foods, dental metals and all metals in general, such as vitamins, drugs, food additives, coloring, etc...It seems metals kill bacteria and those for example that consume toxic substances like silver, gold, etc...have done life long damage as their microscopic metal particles gets stuck in their flesh and takes many years to be expelled out their skin and hair and can not expel through the delicate kidneys efficiently.

Dental metals are most destructive because with every swallow of saliva, metals enter the digestive organs and eventually into the blood stream and cells, creating a lifelong 24 hour day supply of toxins. Drugs, vitamins, none organic supplements all must be digested and expelled, their damage last for as long as they remain in the body. The word "organic" simply means from a plant. All usable minerals must first be used by a tree or plant before the human body can make use of it and expel it with out damage to the body. The word "in-organic" simply means from a rock or non plant form. These minerals are toxic and can enter the blood stream if they are small enough, but have difficulty being expelled and as they accumulate, they are toxic to our friendly bacteria.

Bacteria / viruses in general are microscopic creatures that eat the waste from the human body if they are to be considered “friendly”. Without these friendly bacteria, we could not live; we would die in our own waste. Our very life depends upon bacteria; we must remain in balance with them. This is why wrong diet, wrong habits all lead to premature death. The word toxic simply means harmful to our bacteria.

It is suggested that on earth, there is one true bacterium. From this one true bacteria based on the food supply, the bacteria mutates into unlimited forms. The more mutated it becomes, the more deadly it becomes to the human cells. The one thing in common mutated bacteria has is the desire to thrive in low oxygen areas and where alkaline blood can't reach them. In the human body, this means between all dental work and original tooth, all dead teeth, dead bone tissue and any place in the body that fresh oxygenated blood does not reach. As blood circulation is reduced, the oxygen levels go down and bacteria flourishes. Another word for over grown bacteria is Candida or simply called “Fungus” or “Mold”.

- Bacteria eats rock and makes it usable for plants to use and what the plant makes is usable for us humans to use. Wrong bacteria in the garden soil and the plants suffer, wrong bacteria in the human body and the human suffers, it pretty much is that simple.

This also basically explains why all fail at human health! Medically and even herbally; people get into a hurry and seek to “manage” their bacteria problem their way, which most often only creates more of a problem that leads to more and more impossible problems with their health over time.

Drugs and most all toxic substances have been used to seek to control bacteria growth. The only true method is to stop feeding bacteria, then their numbers reduce and the Immune Systems can catch up and eliminate them. The problem with the older people is that they have wrongly harmed the bacteria so many years, that they exist within the bones and cells of the body to the point that when the Immune Systems are enabled to attack and eliminate the enemies, more often than not, the entire body is seen as an enemy or at least it feels that way, because the cleansing effects feels like the entire body is ill and it is, it has unlimited amounts of bad bacteria that has been feeding on the waste in the body and once the blood oxygen has become so low, even the human cells have mutated and struggle to live and their dead waste feeds the bad bacteria and this leads to the numerous disease names up to the extreme over growth and decay of the human cells known as cancers.

Thankfully, the one real cure is returning to what we call “friendly” bacteria. The closest thing we can consume that relates back to the original bacteria. These original natural bacteria will eat up the bad mutated bacteria; it is the only natural way. As the wrong bacteria are eaten up and removed, the constipated areas dissolve and proper oxygenated circulation returns. Purest fresh friendly bacteria come from Nature and are protecting the fruits from diseases. This life supplying bacteria is found on all naturally sweet tasting

fruits, mostly on the outer skins. This is why the less a fruit is washed and not peeled, the more health we will receive from eating the natural bacteria. Also explaining why we must not have metals in our mouth, our diet or accumulated within our cells. We must be metal free if we are to have proper balance of friendly bacteria and constipation free cells.

- This is why it is very simple to see all diseases as nothing more than constipation of a given area of the body. Remove the constipation and if the human organism has enough “vitality” left, it will restore itself.

It is a grave mistake to believe a substance can be purchased and restore our health. All substances are dead or none human. The human organism can make use of these substances and if all properly expelled from the body, then no harm is done. It is the accumulated waste that becomes food for parasites that leads to over growth and deterioration of human cells so that even human flesh becomes worm food.

### **Circulation is King**

Our blood does all the work. Some suggest each cell is complete and organized with all our cells so perfectly that when we are cut or damaged, our cells organize and dissolve the damaged areas as they rebuild our body back to perfection. Some go further to suggest that if our body remained toxic free, the human body is so perfect; it could duplicate its self indefinitely.

Life is this simple, obey Nature. God who created this earth and all on it supplied all with proper habitat and food supplies. Those that obey and don't go outside these boundaries will live in peace with Nature. All that chooses to go beyond the boundaries, live, drink and eat none naturally will all suffer the consequences of punishment from Nature. The farmer knows when he takes a wild animal and pens it up, if the proper foods and environment is not supplied, the animal will suffer.

Humans in general follow what their parents did; this is why ancient authors suggested we all suffer from the past 7 generations of our ancestors and as well suggest if they did very wrong, then all will be sterile and not exist past 7 generations. The less toxic the lifestyle; the happier and more fruitful life will become for all. For some, this simply means once adult, they might have to relearn their daily habits and break the bad chains and start better habits that will improve their children's chances in life.

Supplying oxygen to a body that has low oxygen only enables the body's own defenses to fall lower. Taking drugs or supplements that are toxic as a method to kill parasites / bacteria only adds more dead waste for future bacteria / fungus to grow on. The human body must rely on its self to restore back to proper health, otherwise if the use of drugs / supplements that “forces” the human fluids to respond unnaturally as a way to stop death and seek to stop a disease; the human must return to Nature and seek natural methods or face the facts that the disease really was not removed or destroyed and most likely will return and do more harm next time. Not until the Immune Systems have cleansed the disease from the body properly, will that disease be gone!



### **What came first, the Parasites or the disease?**

Parasites result from wrong diet and wrong habits that have harmed the Immune Systems of the human body. Our air, our environment is loaded with parasites, we can not avoid them, and we are their eventual supper. As long as our Immune Systems are allowed to work properly, we stay in balance with our environment and parasites are not a problem.

As circulation is impeded from wrong diet and wrong habit, this allows more and more worm eggs or even adult worms to enter the human body through our air, our mouth and even skin contact. These worms / parasites consume foods and expel waste and all waste is consumed by bacteria / fungus and when the blood is over read with too much waste and circulation slows, all of these millions of parasites lead to what we know as “disease” or illness.

These parasites have their own wars within the human body to maintain their space, when they reach these numbers, the human will age quickly. Hormones won't work properly, signals won't flow properly and the body will start to fall apart in confusion as it is being consumed.

- The death of these parasites must come as a result of our blood doing the work and proper fast removal of the waste. If their waste remains, fungus will grow on it.

Parasites come from all wrong sources and these are many. All non natural food sources are the largest groups. Since humans have teeth, stomach and intestines designed by the creator to consume fruits from trees; all other food sources carry a problem for humans. Humans have learned to adapt to live most anywhere on earth and to eat most any creature from the earth. This is no doubt the reason that humans are the only creatures on earth that have numerous parasites. Some authors have suggested that all wild creatures and even plants all have at least 1-2 common parasites and that nothing exist on earth that doesn't have a natural parasite. While today over 20,000 parasites have been identified to have the ability to enter and harm the human body. Today, the human race has an epidemic of parasites. Why? Because the more modern or unnatural humans become, the more of a target they become for Nature to remove us.

- **Only those that follow the original laws of Nature will not suffer from Nature. Every human has choice, they all know what they are doing against Nature and all accept the consequences.**

It is useless to want to identify and name every parasite. One of the more famous investigators of parasites in the early days of science was Dr. Royal Rife. He invented micro-scopes along time ago that allowed parasites to be seen alive and in color. He could enlarge living parasites well past 50,000 X and he came to one conclusion, parasites are endless in their ability to mutate. He 100% believed that as you killed parasites, smaller and smaller mutant parasites would live off the waste of the killed parasites and no matter how he killed them, he could come back and find smaller ones. I

read a bacterial book written in 1950 that explained the evil of the creation of vaccines and the author believed in the one bacteria theory, that all mutant bacteria come from one and the original natural bacteria was the only antidote or removing the mutants.

This also pretty much explains that with the development of drugs / toxins, has come the epidemic diseases that prior to drugs were unknown. Or were they? In fact, all disease is just a degree of constipation of a given area of the body, or constipation of the entire body, etc. It is the diet of the parasites / bacteria / viruses that has lead to the variety of mutants that has allowed the scientist and his micro-scopes to come up with so many names for these unlimited mutants. The cure though, has always remained the same and will always be the same: do what ever it takes to restore the proper blood circulation. For most, this means over coming their inherited health weaknesses, learning about true diet and habits and an understanding of the many harmful things that exist in their environment that they must seek to avoid in their life.

The only good parasite is a dead parasite? Yes, “if” it can be removed quickly enough before some fungus starts to grow on it. This often means the human will need help with cleansing the rock out of their Kidneys, the mud out of their intestines and restoring their Lymph Glands, just to mention a few parts of the elimination systems, the skin being our largest elimination organ.

### **Cleanliness is next to Godliness.**

When it comes to the subject of parasites, this old phrase holds true. A clean body provides life that the human Spirit can experience life on earth. A simple explanation of cleanliness is proper oxygenated blood supply.

This starts with the largest organs and all organs, they all must be free of waste. Our skin being our largest organ, that we actually take in air and expel waste and our number one defense against invasive parasites. The skin will take over the work of failing organs and death results when the skin finally fails. So it only makes common sense, to keep our skin as natural as possible. Toxin free and all the pores open and responsive.

As skin becomes over loaded with too much waste to expel, many parasites come to live in and on the skin. As waste accumulates to the point of pockets of puss and oils, worms see to live in each clogged pore and gorge themselves with the unlimited supplies of waste. These worms are not easily killed by the blood supply; blood does not enter these pockets of waste and circulate, so none of the blood's chemical parasite killers can come in contact and kill these worms and unlimited parasites that can be large or extremely microscopic.

In Nature, humans would be cleansed with every rain and every body of water used to soak the skin. In Nature the body would not be overwhelmed with wrong diet and massive unnatural chemicals and not have such clogged skin. So the modern human that has many more wrong choices in life to make, ends up with more variety of waste within the skin as the body struggles to keep clean inside.

Clean skin will breathe in air and even take in nutrients. While clogged dirty skin will suffer, as the entire body suffers.

## **STINK**

A human can adapt quickly to the environment, even a very dirty environment. Smells that are extremely offensive to all humans are quickly ignored by the nose when the smell becomes part of their life. Everyone knows a hog farm smells so offensive, yet if they spend a few days on that hog farm, they too will eventually ignore the decaying poop. Another simple example is garlic; the person eating garlic gets use to the smell, while to others the smell stands out. Yet, a few authors suggest the garlic is just enabling the body to expel this offensive waste and once the body is cleansed, they can eat all the garlic they want and not have the garlic smell.

In simplistic terms, if your urine or your bowel movement has a smell to it, then you're rotten inside to some degree. The more you stink, the more rotten you are! If you're under arms stink, then you're full of waste, if your feet stink, you're maxed out and not flowing properly fast enough. In Nature, all being barefoot, the predators would know who to hunt down, based on the stink coming from the foot track.....sickness smelled declaring the best chance for a meal from the sick human not able to defend them selves. People know when they stink and those that could care less only prove the point that the more you stink, the more parasites and constipation is present and the human Spirit must struggle to operate in a sickly body.

Human blood is always approx. 7.3 pH which is known as alkaline. All parts of the body that makes acids for any reason along with accumulations that develop into acid waste, all do one thing; they rob the blood supply of proper nutrients and every function of the body fails when it is not properly supplied. Known simply as malnutrition. Acid waste also stinks as bacteria grows on this waste. The more a person stinks, the more harmful bacteria they are growing. The very offensive odors coming from the colon are some of the most toxic gases known to mankind and as the colon decays and worms eat away at the tissues, these rotten gases enter the blood stream and cause unlimited health issues and always "smells". They may not smell their own rot, but others will smell them.

There for, Cleanliness is next to Godliness as far as having a healthy body for the human Spirit to do its earthly works from. After all, the sickly bedridden human is of little value to helping others and is a cesspool of parasites feeding on the decaying human cells.

## **The Plague**

The parasites that kill the most are a true plague, especially when much if not all of the human race has these common parasites. In my study I have concluded the parasite of choice that is the most deadly and surest killer of the human race, are the smallest worms known as **Syphilis** creatures. These microscopic worms in my opinion do the most damage to the human race and lead to the most misery. Today this word seems to be almost obsolete and goes by many other names and I have even read that it has mutated now for well past 200 years and it has been suggested that now in the U.S.A. possible over 200 insects and common pets may be carries that can spread these worms freely to

humans and visa versa. All the modern day names make very little difference, the original medical science called them Syphilis and that name is good enough. In modern times, same as in the past, medical seems to believe there is no cure and lifetime treatments with toxic drugs the only help available and they seem clueless that with each toxic drug, comes more waste and more mutant forms that has created an endless research of creatures that modern man is accelerating into run away plagues.

The scientist believes most human skeletons examined upwards of 200 years old, all show signs of death by Syphilis. These little worms eat away at the bones that lead to the eventual death. Historically these same types of authors have even suggested that when white sailors entered black people countries and took black people as slaves, that these black people must have spread Syphilis into the white races and was a sin that Nature seen fit to punish humans. Schools in America believed this so much, that in 10<sup>th</sup> grade, I was shown pictures of Syphilis men in health class that were all naked black men and naturally, the school was all white teachers and that particular class was all white students and the teacher tried to scare us and said she was told not to do this and pulled the blind on the door window so no student walking in the hallway could see these naked pictures and I assume they used naked men to scare everyone and make a lifelong impression about syphilis and as well, a sub conscious impression that this is a disease of black people. Like most history of the America, these were lies about the black races and propaganda to control and separate the races. Regardless, the disease is real and it is a parasite, a parasite all humans most likely are born with.

When the immune systems can't keep this creature under control, it eats our bones and with bone loss, comes poor blood and eventual painful crippling death.

- **It depends on low oxygen and no contact with healthy oxygenated blood.**

So the natural way to combat this plague is to not supply this worm with hiding places, places with low oxygen and no contact with the blood supply. Why did this worm appear starting about 200 years ago? Maybe because bones deteriorate too badly or this is just one of the many signs of the deterioration of the human race in general as our earth rotates and accumulates the suns radiation that has an effect on our lifespan, size and abilities. No one knows and my theory is that it does not matter, all that matters is that we don't allow this worm to eat us while we are alive. Black people, brown people, white people, yellow people, etc....has nothing to do with it, disease via parasites is common amongst all living things.

Over 100 years ago, Syphilis was a huge subject. In my opinion, you seek to battle the most harmful deadliest of worms and the side effects are the easy / less defensive worms all die as a result. Especially when using herbs, that are in general non toxic to humans to the degree that the blood stream can make use of the natural herbs and expel 100% of the herb after its use, leaving no waste to cause future illness.

My theory then suggest not only learning about all the common day herbs known to help with parasite control, but also those that were being used over 100 years ago with success

and the teaching of proper diet, proper habits and knowledge of harmful things in our surrounding environment; because as we are harmed, we have less abilities to defend against parasites. Keep in mind always, we are their food, lets just not let them eat us while we are alive.

Since very little is known about herbs and even less about drugs, I believe all herbal formulas that seek to be **anti-syphilis should be referred to as adult use only**. Then that adult after long self-applied prevention can determine what herbs they choose to supply their children and at what doses, etc. In theory yet, the best results come from parents that control their own health prior to having children and thus giving their children a great advantage in life.

- So every label marked adult should be respected as powerful herbs. These adult formulas can be made with unlimited strengths, more and more concentrated or stronger blood circulation stimulating to get the herbs into the smallest places the blood travels and flooding the system so the herbs exit the skin or are absorbed into the skin in an effort to reach the entire body and not leave one hidden spot for worms to hide and regroup in. This is also why dental work is so critical and healthy strong bones a must. **Our joints must be free of these worms if we want to keep our joints.**

I have seen that most every country on earth had at least one herb known to combat Syphilis, same as many of the diseases, at least one herb made fame from its effects when consumed by humans. All such herbs should be non toxic to some degree and safe to use at least on a temporary basis. The best herbs can be used daily, while those that are too strong might have restrictions and be more what we would call medical herbs. Medical meaning too toxic for normal use. Dr. John R. Christopher stated he was educated in the use of approx. 2,000 herbs, but over time, he learned that no one needed these toxic herbs and he concentrated on approx. 100 herbs that mostly all grew in his immediate area. He referred to using your local herbs as “living under your own fig tree”. In that God supplies all you need, no matter where you live. I also believe this, but in these modern times, I enjoy experimenting with herbs that were used around the world, but rely mostly on the herbs that are local. For the exotic like Adult parasite herbs, I make use of a wide variety of herbs from around the world for this one reason: Humans travel world wide now and have introduced us all to the over 20,000 varieties of parasites. I am not saying we need any exotic herb from another country, I am just saying they interest me and I choose to experiment with them and want to believe their use was as written many years ago and so far, I have not found one to have an ill side effect and I believe all herbs that have a 50-100 year historical use, end up being the most non toxic herbs that many people used in order to make them famous over time.

An education on each herb would be an impossible task for me, a book for each herb would be needed and then all I would be doing is passing on old information written by authors who only were passing on their own opinions or opinions of their teachers and this would lead to thousands of pages of reading material that 99% of the people with interest in what I write, would never take the time to read.

Those with interest in every herb, can seek books or do searches on the internet and always keep this in mind, competition makes a lot of people write things that are not always true and more often than not, they deliberately write lies to make people be scared or to lead people to their books, their products etc. so this means we have to read many sources and decide who makes the most sense and what we choose to self experiment with and prove to our selves as true or false. You can easily spend 20 years and \$20,000 reading all the junk books and trash products of this past 50 years of commercial marketing. I wasted much of my life seeking cures for myself and I suggest 90+% of what is written or sold is fake or worthless for human health.

### **Parasite Pictures**

I would suggest well over 98% of parasites are too small to be seen by the naked eye and need powerful microscopes to be seen. In general, it seems like the eggs of parasites are studied as far as testing goes and in general, tests are not conducted on live humans in need of help and restricted to the labs of medical type students in their studies. Books for over 100 years have these unlimited pictures and most are very gross looking and should be ugly creatures since they are all harmful.

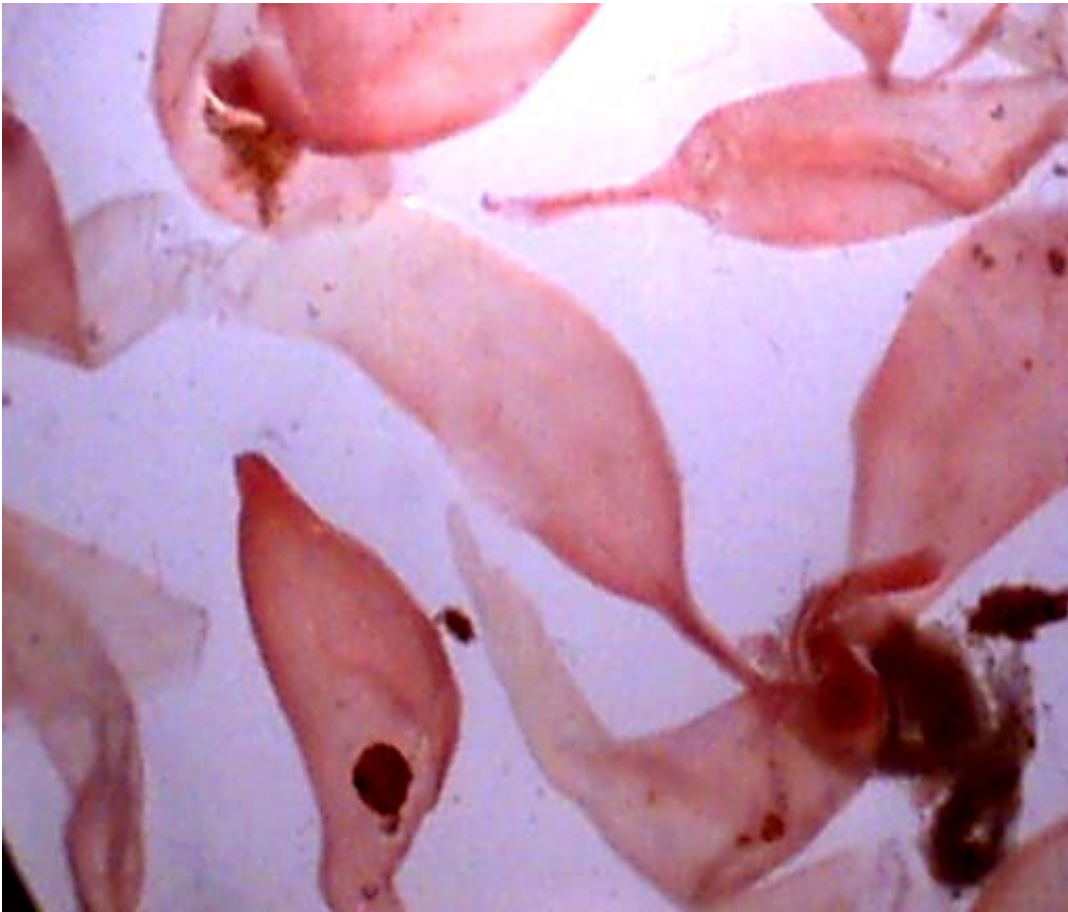
I listened to others, from doctors, nurses, locals and Amish. One Amish settlement did a parasite cleanse on most every person and took all the buckets to a common barn where the men examined each bucket. They told me that each disease seemed to have different worms and what they call their “special” children; they seemed to have worms unique to them.

Special children is a kind word for children of all ages, even 30+ years old that are not normal or retarded. Often not even able to talk, and most often born that way. When referring to Nature, this makes sense in that Parasites are Nature's way to eliminate the non perfect, as a method to make sure the strongest survive to reproduce the next generation. This is pretty much a taboo subject in America anymore as the handicapped people often have more rights than normal people and talking about why handicapped people become handicapped can even be seen as illegal. In my theory, killing the parasites and keeping them killed may, or at the very least, do no harm to all people regardless of their degree of sickness or handicap.

Those desiring to study parasites will find unlimited sources of websites and books with many pictures. My theory is this, just kill them and keep them killed, it is us or them and I prefer their death over my own. For a few years as I was learning about worms and intestinal health I tried to capture and picture the most common worms. I had no professional equipment, so my pictures are somewhat unique when compared to all the commercial professional medical pictures. I will show some of my favorite pictures on the following pages. Keep in mind, I have no ability to know the proper names of these worms, eggs, etc...my goal was just to teach myself that they could be killed and expelled and I learned I felt better and other people felt better as they eliminated these worms.

**I will paste and copy these pictures from the original file I made for them that I called the 108 page booklet. Keep in mind; I took these pictures about 10 years ago.**

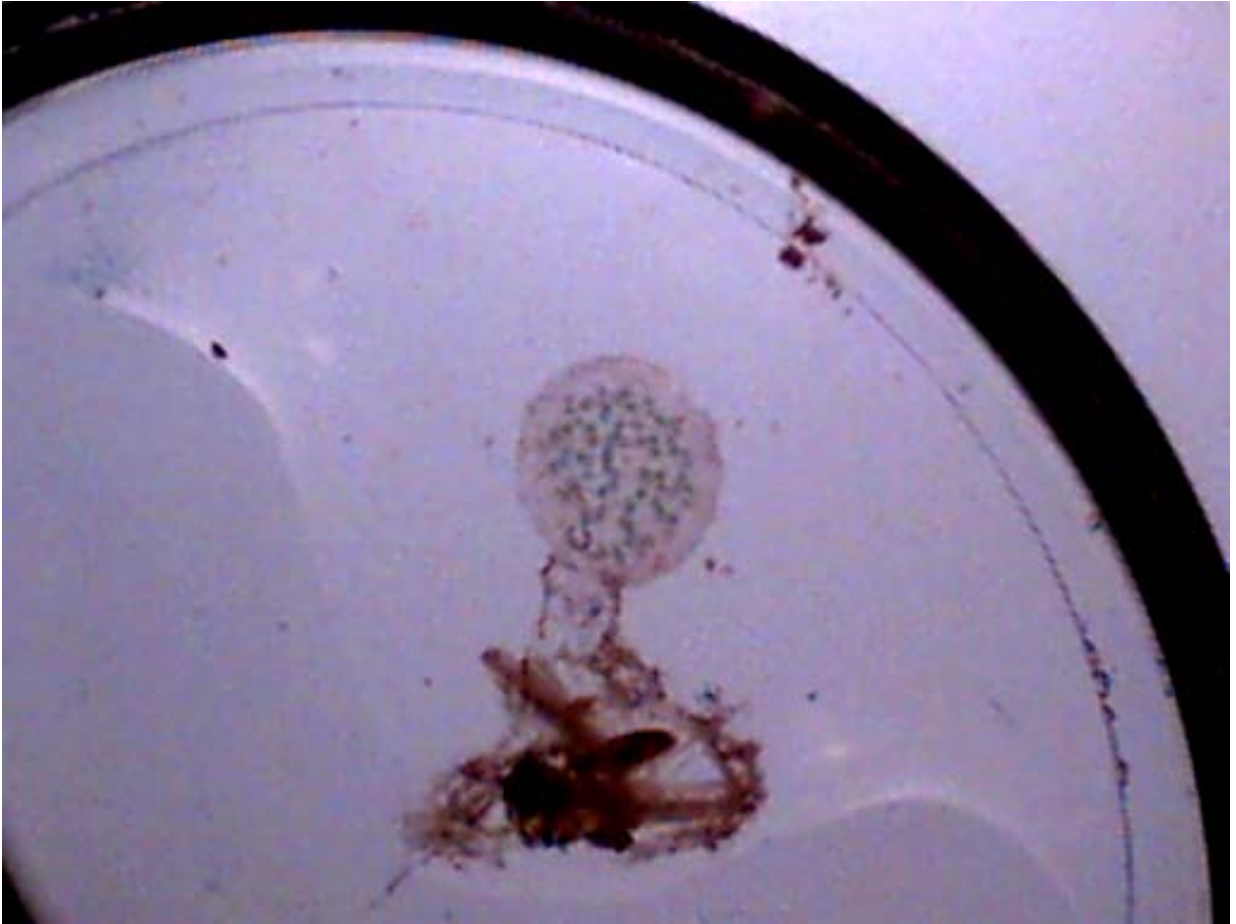
If you would like to see many more old pictures that I took, look on the Private I file that I refer to as the first 10 years of websites and open the Old Pictures file, there you will find many parasite pictures as well as many pictures I took. You will need a password to enter all of the Private Files on the website. This is required to avoid all public contact so we have more freedom to communicate privately with freedom.



I call these Sheep Fluke worms. (No clue their real name). They seem to be very common and in bad cases, they seem to dominate and I didn't see a lot of competing worms. These could be in anyone, but very dominant when sheep were near by the house where the people lived.

Quite possible these worms can take over the womb and their own hormones released into the body may cause a woman to be sterile. Often when a sterile woman expelled her worms and also of great importance, when she removes her mercury and metallic dental fillings, she may correct the problems and become pregnant for the first time.

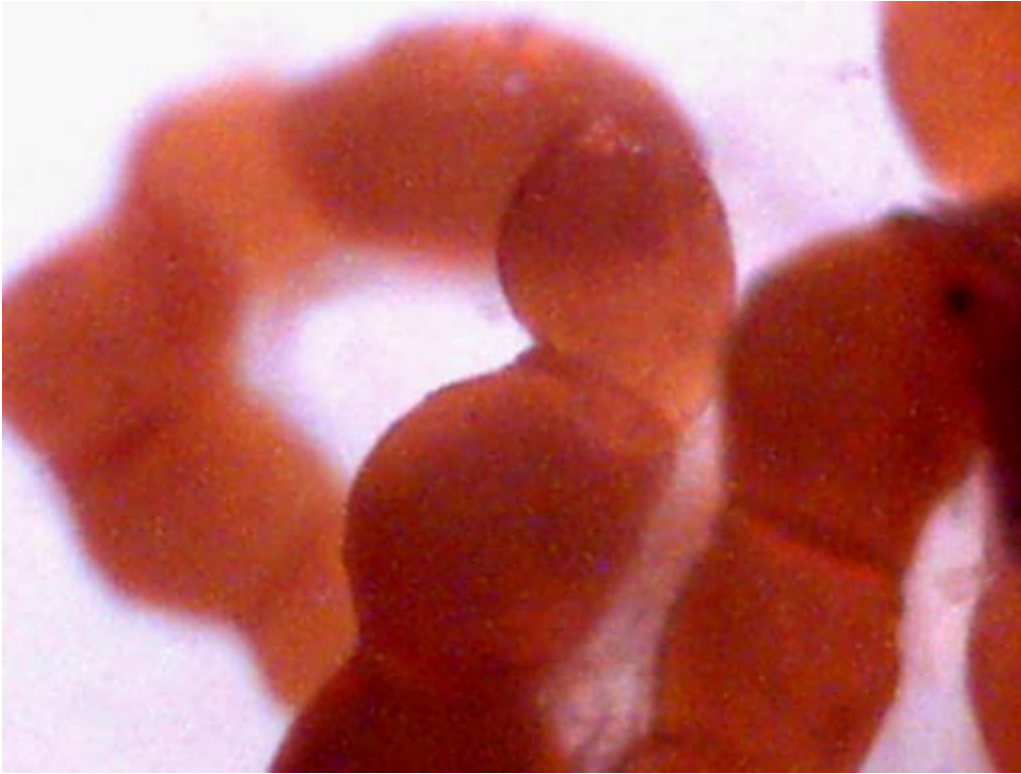
Keep in mind that all liver flushing results are only the few worms that are left in the liver and intestines while doing parasite cleansing and only shows a small window into how bad parasite infestations in humans can actually be.



I only seen this happen one time, the worm came from a local teenage girl that was raised around allot of horses. The dieing worm actually expelled its eggs while I was looking at it.

When examining liver flush results, many things look like possible worms and eggs, I took many pictures, but until I see real eggs or real worms, I could never say for sure what I was seeing.





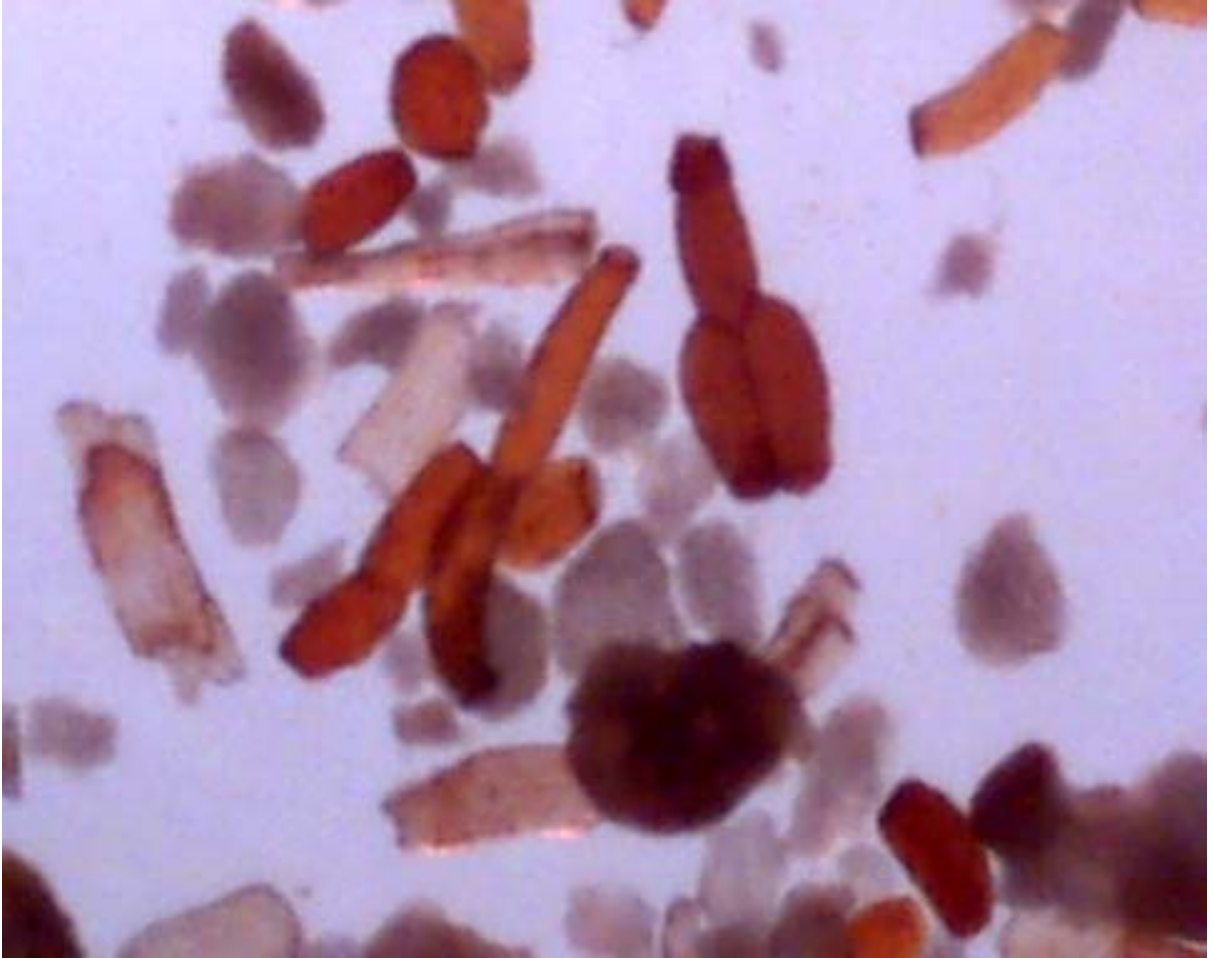
I am not sure if this is a segmented worm or a string of eggs, but I do know it was alive, it came from a human and is very common in humans.



This worm I call a Sheep Fluke worm was trapped in a common gallstone. This proves the worm came from the gallbladder / liver area.

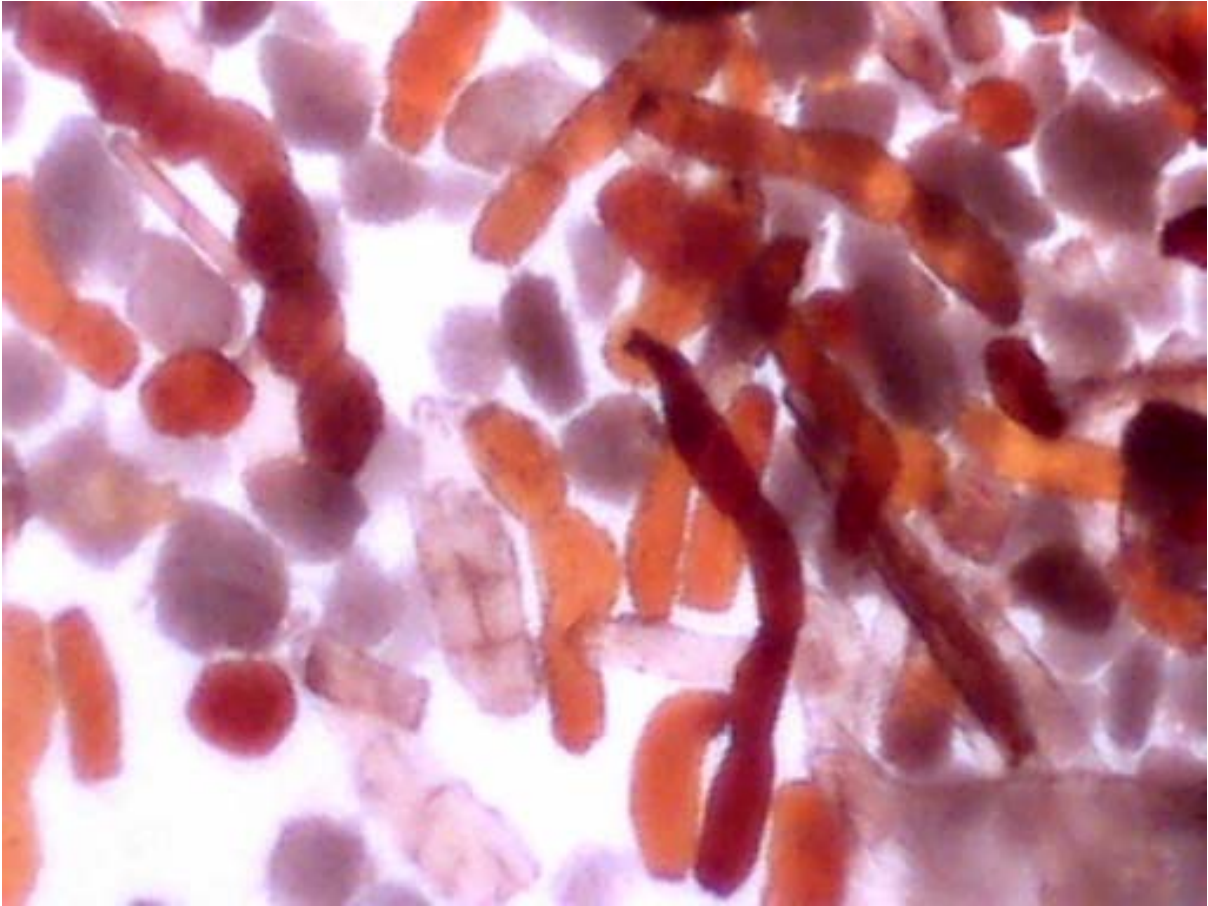
This worm came from a 90 year old bed ridden lady. After 2 liver flushes and deworming she was able to walk ¼ mile daily to her mail box to retrieve her mail for the first time in years. She was then able to live alone for one more year. She then fell down and broke her hip after getting tangled in her telephone cord. The hospital did very little for her other than allow her to lay flat in bed and drown in her own fluids within a week.

She lived next door to sheep and had 4-5 cats that were her best friends. She allowed these cats to eat off dinner plates on top of the same table she ate from and I assume sleep with her and be with her all the time. The cats also went outside and I assumed were the carries of the large amount of worms this lady had. She claimed to be a vegetarian for about 20 years, but when talking to her it appeared she ate many non vegetarian foods. She was the first person I seen a liver flush from that claimed a vegetarian lifestyle and she was absolutely loaded with worms. I seen this common with others that claimed a vegetarian lifestyle and read years later that vegetables being a non natural plant, that parasites attack vegetables more than normal and lay many parasite eggs within the vegetables as a method to eliminate the plants from Nature.



These unusual worms came from an alternative / chelating type M.D. He watched as I examined his worms and since he commonly took drugs, all of his parasites were unusual. I would suggest this goes along with mutation, the more toxic a human becomes, their worms and parasites of all kinds mutate.

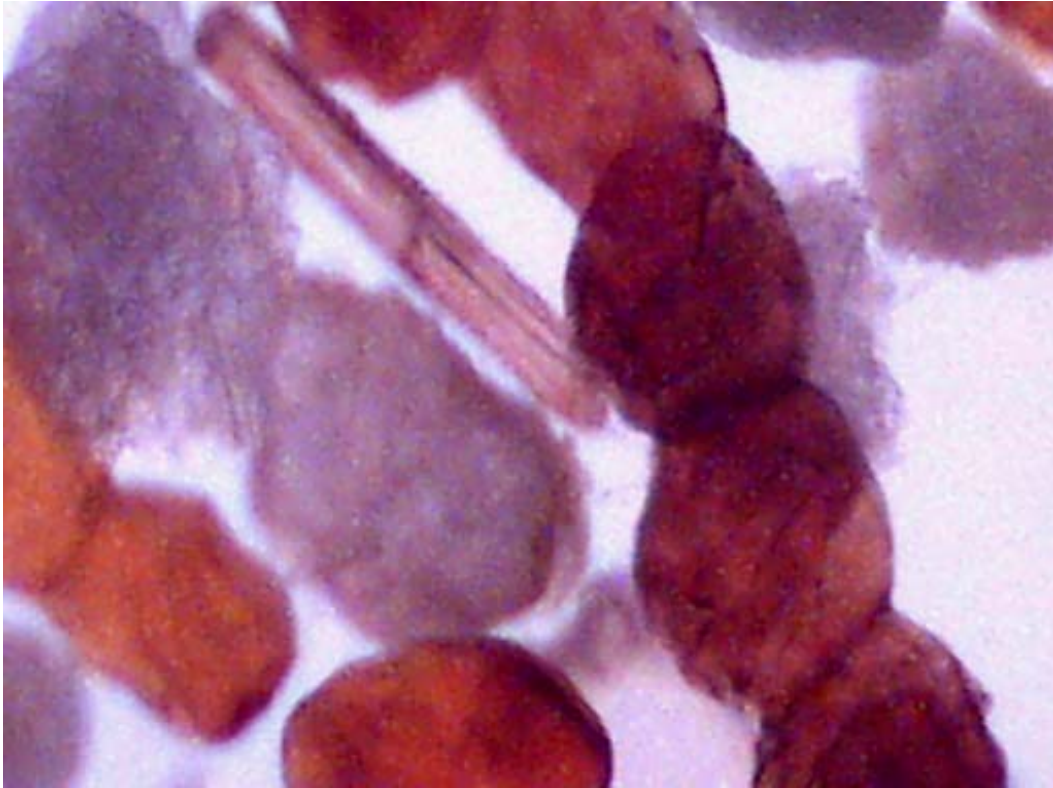
It is difficult to determine the difference between eggs and actual adult worms, there appears to be many stages.



At the bottom of most every bucket, heavier than water, the eggs and worms will collect. This is just 1 eye dropper of the dark colored mass you see in the bottom of a bucket that a good liver flush was done if your parasite herbs did their job and helped your body eliminate.

When seeking to be worm free, it is pretty standard to take parasite herbs every day for at least 30 days, while some, such as Dr. Sutter, have suggested a strong de-worming period for many months the first year. The main goal is to not only kill the adults, but their eggs as they hatch. Parasite eggs are very hard for the body to kill and odds are they will have to hatch before the body can kill them. Worm eggs that have been covered in calcium can only be dissolved by the most healthiest of humans that have corrected their calcium, magnesium, mineral levels and reached such a state of good health that their body can hunt down and remove all unnatural substances / accumulations in the body.





This is the same type small eggs / worms at 200 X magnification. I seen these common in most everyone I examined and I am confident they are worms of some type. While looking at the water that comes out as a result of a liver flush at 200 x you can see the water “vibrate” with life....living bacteria/parasites that are too small to see at just 200 x. Dr. Royal Rife stated even at 70,000 x he could find smaller and smaller parasites and believed it was an endless search. The nice thing about parasites, the smaller they are, the faster they die, but they also reproduce rapidly when they are flourishing.



This is a very common white / yellow worm that I call “cotton balls” with legs of streaming eggs. Often she has 4 ovaries that non stop expel eggs.

This is most likely a stage of the common liver flukes. The eggs hatch and resemble small tadpole like creatures that can enter he body and literally swim around. They can locate almost anywhere in the body, but they are known to be in the liver, because the liver supplies fresh daily flesh to be eaten.



This is a common picture I would return to those that dropped off their liver flush, I looked at worms for a 3 year period from all types of people that allowed me to understand parasite herbs and learn from what I seen people do.

I always tried to express to the people that the names of these worms are irrelevant, what has meaning is that they killed them and eliminated them.



**THIS IS MY MOST FAMOUS PICTURE.** MANY WEB SITES HAVE USED THIS PICTURE.

This perfect picture shows the reproductive system of the most common fluke worm. I estimate every adult liver on earth most likely has some of these worms and it also appears they jam pack the pancreas and books suggest they can live anywhere within a body. I have read that they can mature in 30 days and start expelling 20,000 eggs! The nice thing is, the parasite herbs kill these worms easily, but if you don't follow up, they return just as fast.

I learned a great deal while looking for worms, I became bored when I only seen new worms from people who did allot of over seas traveling. This eventually lead to the idea that I needed to make adult strength de-wormer for world wide worms.

These pictures are rare in that they are so simple. I used a common toy microscope that worked with a computer. While in medical standards they use very expensive microscopes so powerful that they seek to examine the eggs, etc...





This is a 200 X close up of the 1 of 4 ovaries of the large liver fluke worms.

These fluke worms seem to be common in all ages. Dr. Clark theorized that when these worms set up house keeping in our Thymus Gland, that our Immune System will get so bad, that it is referred to as HIV.

Experience in making herbal de-wormers does not come by just blending herbs and putting them in a bottle based on what some book says should work. I soon enough discovered from other older reliable sources that what Clark wrote about making the de-wormer formula she used was not done properly and her chosen method was toxic because of her infatuation with vitamin c acids. In fact, you will find very little information about the use of de-worming herbs that was made from actual experience, most are just made by people seeking to make a living selling herbs and what ever it takes to make their sale so they can keep afloat.

I needed to see the herbs taken and then see the worms come out and experimented with formulas, doses and watched the results. Over the years since those early days, I have since made the adult de-wormer formulas much more powerful than anything I have read from any author in current times. **I see worms as a war, a war we should win!**



This is a picture of one of the larger intestinal worms I seen, they are somewhat rare and seem to be more in those that have horses or elderly. They seem to be large enough and possibly the ones known to block the intestines; again, the nice thing is they die!

My dentist that raises horses and cows as well as chickens, etc. passed a similar worm like this one and was so frantic about it, he took it to his M.D. and knowing his M.D. would not understand it came out of him, he suggested it came from his dog and the M.D. said no, it doesn't look like it came from your dog and refused to comment about the worm to a fellow doctor! These medical doctors are in the dark when it comes to worms and feel lost to know a cure, which makes the subject very taboo to them.



Thanks to Dr. Brown, who is an alternative M.D. that has now moved to the east coast, I was able to add many additions to my picture collection. All of his worms seemed unusual compared to the normal people. Keep in mind, these toxic medical types do all the vaccines, take the latest drugs, etc...and they are the ones that need de-wormed the most and are the most clueless to that fact.

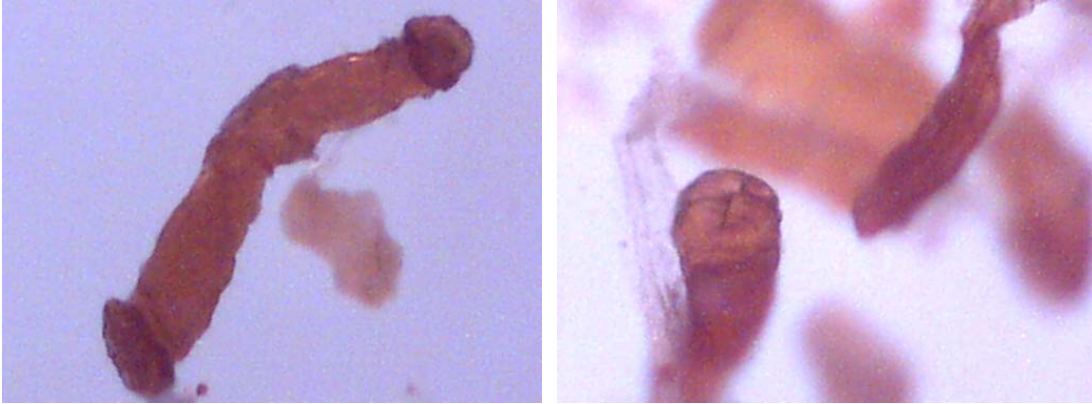
Is this worm splitting into 2 worms or mating, etc....I do not know, all I do know is it is Dead! Proper use of herbal formulas work wonders for many.

I theorize that the doctors and those that have taken drugs are the ones that need the most help. Mutating worms that resulted from scientific drugs can only lead to new diseases outside of nature. The only cure is to return to a drug free, toxic free body and remove as many of the worms as possible, as safely as possible.



These worms I seen allot, this particular picture came from a young lady that had lung disease and was born unable to sweat. She developed allergy to all the common dairy and grains and was forced to eat a fruit diet to avoid problems. When she did parasite / liver flushes she literally passed a bucket of these worms and after the third flush, she was able to eat most any food she wanted with out ill effect.

These massive amounts of worms have to rob the body of nutrition and as well expel enormous amounts of their own toxic waste and hormones, etc...that affect the total health of the host.



Thanks again to Dr. Brown, I was able to capture these great pictures as he watched me do it on our home computer, he was literally fascinated when he seen all his worms come out.

These pictures are at 60 X

This M.D. was a believer in intravenous vitamin C injections and also destroyed his health by sleeping on a magnetic mattress.

I spent 1 day talking to him about parasites and then another day when he did this liver flush. His wife was a problem (\$\$\$) in his practice and he was never able to be the M.D. he desired to be, which was a huge conflict in his life.





**Mother and eggs!**



**Several mothers!**

The greatest failure of every so called Longevity Expert I believe was their lack of interest in Parasites! Few herbalists ever even mention them in their books and have no experience seeing the real worms. Doctors are embarrassed at how little they know on the subject. Doctors in general would be great people if it were not for the brotherhoods that controls their life's work.



This 10 x picture appears to have come from the wall of the intestines and broke loose and was expelled with the liver flush method. I placed a line where I suggest the worms were exposed and where the roots were within the intestinal wall.

The next 3 pictures are among my favorites of this same worm at a closer look. They are from a man that traveled to India often while in the service and as well afterwards. I got

bored with looking at liver flushes after three years because it was getting hard to find different looking worms with the very primitive equipment I was using. People who traveled out of the country were the only ones that had different than normal worms.



At 60x it is easy to see these babies would be eating the foods coming down the digestive tract or if they came from the Liver, they may have been eating the blood supply, etc.

Could anyone deny these are parasites of the human body? Sure they can, just ask your medical doctor next time you see them and ask them if you have parasites. In fact, some of the best worm pictures I have came from nurses, dentist and a Medical Doctor....they know about worms, but their training brain washed them into not talking about parasites with their patients. We had nurses that were threatened with the loss of their jobs when they approached their bosses' with pictures of their gallstones and parasites. One local M.D. surgeon that cuts gallbladders out for his living was shown such pictures by one of his close friends and he stated those worms and stones must have came from a dog, because humans don't have such things, while a local janitor lady that cleans up after this surgeon, told me the pictures do show exactly what this surgeon cuts out of people. The key word is "cut", because cutting creates a business, while expelling them with no damage and no cost is threatening to medical practices.



At 200x this baby appears to be looking for food and does not understand why it is in air and not the warm intestines with endless food supply. This worm is doing what God intended it to do, “remove” unhealthy mammals via Nature! Its life was cut short by the use of some simplistic herbs that the circulation system converted into worm killer and had the ability to expel the waste rapidly via the old fashioned liver flush method.

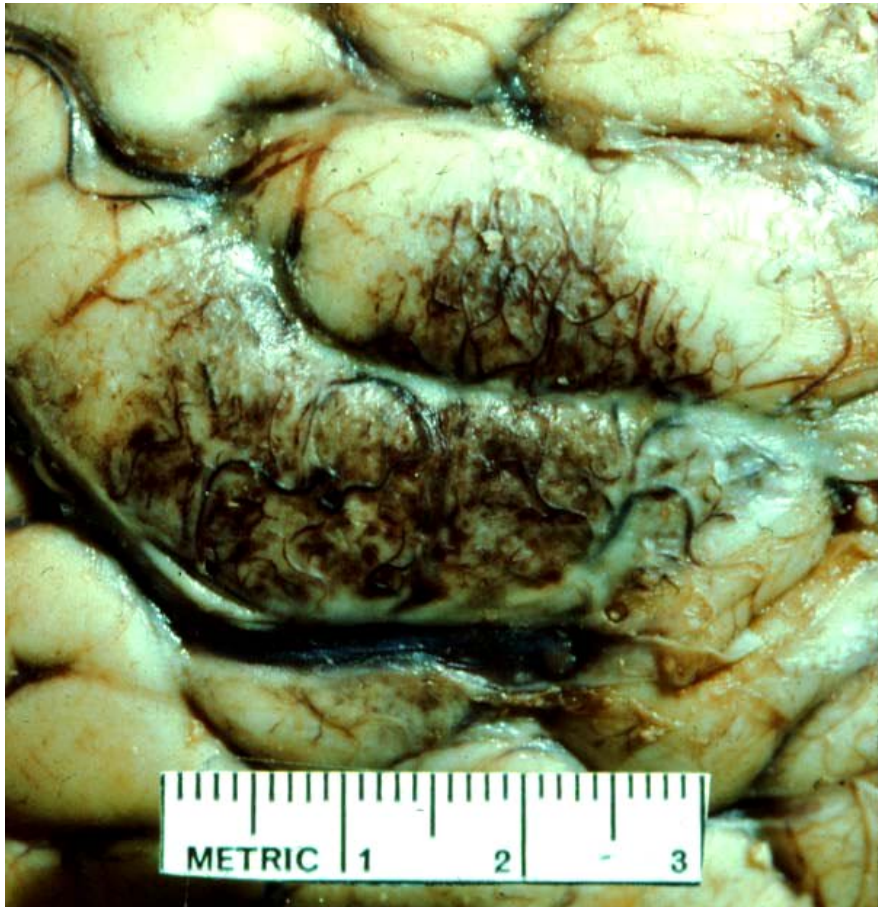
All worms are deadly to humans, they consume the foods we eat or consume our flesh and life from us. None have any value to human health what so ever, they are referred to as “animal” parasites because they often are complicated creatures with male and female organs, kidneys and complicated hormonal methods that allow them to do battle with other competing parasites and defense against human Immune System attacks. Their eggs are the toughest to remove and in some cases, these worms can hibernate within the body for the rest of our lives, waiting until we die and then they emerge and eat our dead body. All worms are bad; the only good worm is a dead worm that has been expelled. If it dies and is not expelled fungus eats its remains and fungus can become a deadly situation in human health. Fungus or better called; smaller parasites, can not be stopped, they will exist for as long as the mammal exist, to kill fungus would mean drugs so powerful they would first kill the body.

This is why drugs and all toxic methods will always backfire in the death of parasites, all toxic methods do, is create more food supply for fungus. Fungus consumes “ALL”, it is God’s perfect design for the removal of the dead and all that disobeys the perfect design. Nature will always win the battles of those that choose to live aggressively against God’s chosen design for each creation.



I only looked at live parasites for about 3 years, I was 100% convinced that parasites are real and all humans have them, actually all life has parasites to some degree. I believe every disease has its foundation in parasites. My equipment was primitive and I only got to see results of liver flushes, which limited me to seeing only the largest worms that were expelled from the liver and intestines. Medical websites show thousands of parasite pictures and old medical books on the subject of parasites are loaded with pictures. Older books have pictures that were hand drawn back before there were cameras.

Space allows me to show only a very few of my favorite pictures to convince people that parasites are REAL! **These pictures come from internet websites:**



One of the most common diagnoses is “Leaky Gut” syndrome. How could it be anything else when the colon / intestines are being eaten alive with worms. These worms drill holes through out the walls and many worms travel freely through out the entire body at will.

This allows toxins to enter the blood stream and as well the body cavity and when the situation gets bad enough, the surgeon cuts out sections of the intestines.



The large ascaris worms resemble the common fishing worm known as night crawlers and can be up to 12 inches long and can live in the brain and most anywhere in the body. When the intestine is bad enough to have sections cut out; such as in the above picture, we can see how thick the ascaris worms can be and how it is impossible for the person to have a bowel movement when so many worms have taken over their digestive tract.



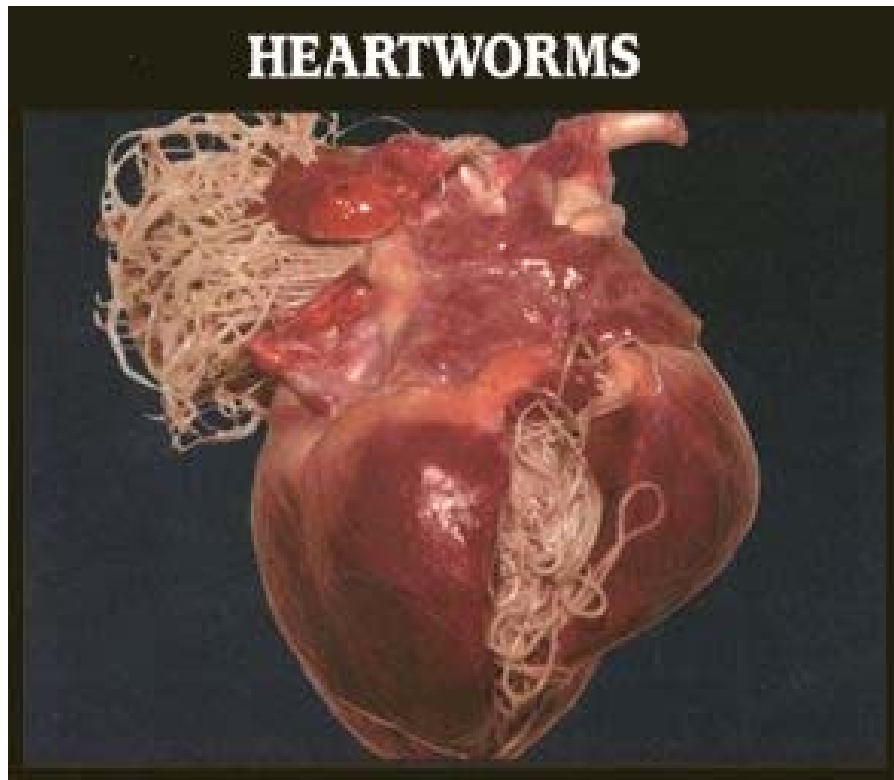
**Massive Ascaris infection in child. A large bolus of roundworms expelled following anthelmintic treatment.**

The above medical picture clearly shows how a human can pass worms in massive amounts and avoid surgery of the colon. Medical knows such problems exist and yet those seeking medial aid rarely if ever are told of parasites as being the problem.

An Amish man I know has seen this exact results from using our herbal De-Wormer (**P / W**) in high doses on Amish boys that the parents has taken to him for health problems. We have heard of mothers that gave our De-Wormer (**P / W**) formula to their little babies and the next diaper was loaded with worms they could see easily.

Worms come in all sizes, from the very large 12 inch or larger to microscopic in size that only the most trained tech could find using the most expensive research equipment ever built. Worms so small, thousands can live in a single sick or dead tooth root or under a tooth filling. The most deadly seek to live where the fresh oxygenated blood supply can't reach them. These worms like to eat the bone joints and live in decaying tissue or tumors.





Heart worms are openly talked about for dogs, but otherwise a taboo subject with human health. Worms are known to swim the blood stream and a few books have suggested humans have specific worms that only eat the heart valves. The above picture shows how a dog lived with a heart packed full of worms.....can such worms be in human hearts? If you search the internet world wide, you can find medical websites that show brain worms and worms just about anywhere in the human body and often charts are shown of how many people dies each year in certain countries of which particular worms; while in the U.S.A. such information is never openly shown to the public.

The vet kills dog heart worms using arsenic. No doubt arsenic was popular 75+ years ago as a popular way to kill worms in animals and humans. Such toxic methods today are avoided in human health, but still used by the vets for animals. Dogs can die if they are de-wormed too quickly for heart worms, so often the vet will keep the pet over night for 3 days as arsenic is injected into the lower front legs.

If medical treated humans  $\frac{1}{2}$  as much as vets treat pets for worms, no doubt this world would experience a population explosion of very old people; something medical has been trained to remove and not promote. I believe the elderly have been attacked world wide since World War II and we no longer have people living long past age 150. Today it is desired for people to not live past age 40 and those living past age 65 with good health are seen as rare.



**Dracunculiasis - Guinea worm disease**  
**Dracunculus medinensis parasite**

People in some countries still take long worms that expel out the skin and wrap them up on a stick and pull them out over time. These worms go by an unlimited number of names. With over 20,000 possible names given by medical research into human diseases.

Tape worms are a world wide problem that can not be eliminated. They live in the brain and any place within the human body. Often brain tumors are nothing but sacks of tapeworm eggs. The tape worm mother can be small or records up to 70 feet long. The worse cases are seen from people who eat raw fish, but otherwise all humans have tape worms. I use to collect pictures from the internet of brain tumors that were just sacks of worm eggs and have one wonderful video of a doctor removing worms from a brain tumor.

The goal is to manage worms so they don't threaten our health. A healthy Immune System with healthy blood, can keep most worms under control. No human can be 100% worm free, but it is not that hard to keep the numbers down, so worms don't become a threat. Extreme parasite problems can develop in any human world wide when allowed to become bad. With world wide medical available to all, only those that avoid medical 100% until they can't tolerate their conditions anymore, supply photos of extreme gross

diseases. I chose 1 child and 1 adult picture from the internet for examples on the next page.



**Wuchereria bancrofti - (bancroftian filariasis)  
(Elephantiasis)**

Old books/websites are full of these type pictures. The simple herbal de-wormer most likely could have avoided all these type of devastating ailments, if used properly by the parents.

The only purpose of looking at worms and eggs during the digestive flush is to see when they are all gone! When they quit coming out with the flushes, then you know you are on the right path. I have seen enough flushes to know now what is needed and for how long. You make your flesh undesirable to eat upon and these parasites eventually have nowhere to live! They will not thrive in a clean body.

I have concluded that the people who knew parasites had no interest in Longevity and the people who studied Longevity were too educated to believe in herbs and that parasites would not continue to live in a clean body. I am convinced that keeping animal type parasites out of the human body is the most beneficial and one of the easiest methods done with the simple use of already known herbs.

**My experience makes me firmly believe that we need to maintain an herbal plan to counter parasites for the rest of our lives.**

Always read as many views as you have time to and explore the authors opinions and prove or disprove the theories before you pass on the information for fact or fiction. There are no set in stone facts, we must all make decisions that best fit our lifestyle and accept the outcome of our own making. Blaming others is as useless as having a glass and NO WATER to drink.

The human is an all powerful being, not one is more powerful than the other. We are what we are by choice as well as lack of education. Those that wish to have power over us make sure our education is limited and our body's remain toxic. Freedom comes from knowing who we are, our Father loves us equally and not one is superior to the other when the mason money system is removed.

Those seeking an education on human parasites can often find many old medical books on parasites, E-Bay being a common starting point and there are websites that specialize in old medical books, etc. They will show the worms, but rarely tell any solutions. I came across one medical written book about 100 years old now, that was first peer reviewed around this world and the first printing was 1,000 books, of which I obtained one of the 1,000 first prints. Jody that helps us, chops these old books up and scans each page and then reads them and corrects the words that the scanner didn't recognize and more often than not, she ends up just hand typing the entire book, because the scanners have problems with old words not commonly used today or the pages are faded so much that the scanners miss many of the words or even worse, the scanners guess what it thinks it sees and makes up words that makes a mess of the original words.

The Parasite Book and many other old books we chose to put to pdf files for self education are in the School of *Self-Applied* Prevention File on the website. A small donation is required to access that file on a year to year base. We get approx. 20 people a year that do desire to read such old books that I like enough to put to a computer file, if there was more interest, I have at least 100 such books that are great sources that need to be scanned and converted. Due to the lack of interest and cost of converting old books to file, I still like to ad at least one new book per year or more. The few that do donate make the file possible and keep the website on the internet.

I personally think what I call The School of *Self-Applied* Prevention could be the best source for human health books and if the interest ever sparks in this avenue I will make it the source for those with interest in human health. With so many free sources on the internet, I can easily see why people won't pay for information.

# Herbs known to be anti-parasite

Basically all beneficial herbs are going to be anti-parasite!

I trust history over authors! Many authors write books to just make money and the really bad authors work for companies that have a product to sale. These authors put out many books and more often than not, the words are just opinions of the author or what the author was paid to write, regardless if the words had any truth to them. I personally have learned to not trust any book written past 1950 and to not trust any book 100%. The best books are written by people who actually practiced in the human health field and never slowed down long enough until their retirement years to write a book.

These retirement books are a history of what the author learned in their lifetime. Books written through out life, show what the author believed at the moment the book was written and often a new book was written a year or so later. I believe a truly good person in practice is so busy; they wouldn't have time to write so many books. I notice the very first book a retired author writes, is by far their best. They often will write more books when they discover their first book made them money. Having a book sent around the world for peer review before it is printed and then only 1,000 prints made as a way to keep it private amongst the doctors involved on the subject of "parasites" was a pretty cool find, back when I was buying every old parasite book I could find. Even more rare, the medical written book supplied a remedy, a herbal remedy and suggested only one herbal product would be the treatment for every worm problem in animal and human alike. This herb was a form wormwood processed in a very concentrated manner.

Historical herbal names were easy names, often given names that the herb helped the most with over historical time. So naturally wormwood is a name that has withstood the time. Like so many plants today that man has manipulated, it is very difficult to obtain the real wormwood plant to grow. I have even seen famous health authors that are clueless what they are writing about, show pictures in their books of the man manipulated worm wood plants that are created for different colored flowers and nothing like the original wormwood plant used for mammal health.

Naturally, all good herbs have come under attack by medical sources and no better place to place their claims is the internet. No matter what herb you look up, odds are you are going to find current information claiming the herb is toxic or otherwise a worthless herb of no value in human health. I tend to trust the oldest books I can find and then do my own self-experiments from that point, keeping in mind what modern sources say, as well and to date, the old books have been correct and I experienced good results and no toxicity that I could feel as a result of using the herbs.



- **Each adult has to make these decisions on their own, there is no perfect bo, no perfect information, everything that you put in your mouth or on your skin your entire life is self-experimentation!**

Naturally the wormwood product used in the 100 year old book was discontinued in current times and also considered toxic by modern day medical authors, etc...even though medical research using wormwood and many herbs by private labs continues today and will always continue. For the general public, our best sources are the old books written by doctors and herbalist that used herbs over their lifetime.

I like Dr. John R. Christopher as a reliable herbal source for education using herbs. In general, he covered most of the subjects and chose to use approx. 100 what he considered extremely safe herbs. He saw no value in the use of toxic herbs.

Dr. Hulda Clark brought the common readers attention to human parasites and even after her death, her books guide many to seek more information about parasites and human health.

Dr. Christopher used specific herbs for parasites as did Dr. Clark. I like the herbal history dating back to 1918-19 swine flue. This was a lung disease created as a result of mustard gas used in World War I that circled this earth as vaccinated soldiers returned home and spread the most deadly disease in current history, a true plague. A plague created by man's desire to kill massive amounts of soldiers that backfired and the soldiers brought back a disease that killed their families, over 50 million civilians, mostly mothers and their children, were murdered by this man made disease. Millions of humans were thrown into coal mines and taken to Alaska and buried in long trenches. No one knows how many truly died; estimates are between 35-50 million.

In America Dr. Krebs used **Desert parsley** after he seen certain American Indians had immunity to the deadly disease that had no cure. Naturally after he proved its success, **desert parsley** was almost considered extinct or unattainable. In recent times, it has been found in states that have mountains that the plant desires to grow at 10,000 feet above sea level.

Thanks to the internet, I discovered that world wide; each country had at least one herb that stood out as a treatment for the 1919 swine flue plague. Over time I believe these world wide herbs are not a bad idea, for the simple fact we have people from all countries traveling and relocating and sharing their worms with us all.

I also concluded this; the word Syphilis, use to describe the worm plague, affects all humans on earth and dates back at least 300 years; each country has at least one herb that stands out as an herb known to combat syphilis. I personally believe every human has syphilis to some degree and that the syphilis worm will eventually cause the old age death as the bones are eaten away and disability sets in.

- **My conclusion is that all of the best herbs known historically and stood the test of time are the desirable anti-parasite herbs to obtain. Not just the latest fad that people create from reading the current books.**

I have been collecting anti-parasite herbs for years now, not only the local wild plants I can wild craft, but an assortment world wide. I know from experience that some of these herbs do work and by trust, I have no problem adding what others from other countries have learned to rely upon. Naturally this can make my de-wormer formulas seem exotic and complicated and impossible to try to duplicate by others. Each herb has value, Dr. Christopher made well over 65 herbal formulas to use in his medical practice and he suggested if you choose to make your own, just obtain what herbs you can and don't worry about finding them all. Herbs are my hobby and I have spent years learning and collecting them. I personally believe herbs that have been processed properly and been allowed to sit for 12 years in liquid solution are the best herbal formulas possible. Naturally no commercial herbal product would exist with such age.

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At this point, I will add some old files that show some examples of the herbs I use:

This was one of the early files showing some of the ingredients of the common de-wormer formula.



I often add “filler” pictures to take up empty space. I collect herbs for demonstration and have a large collection of 1 gallon jars of many of the local wild herbs in my immediate area. The odds are, I have the largest private collection of herbs in the U.S.A. Even if I don't use a particular herb, I may still collect a large sample of it, just because it does have herbal history in human health.

## THE BEST "PARASITE" HERBAL FORMULA ON EARTH! (a file from the past)

We are best known for our home made herbal formulas. I set out 10 years ago to have 100 of Dr. John R. Christopher's top herbs and in a few years I realized many herbs only like to live in certain places on this earth and the ones that grow the most natural on their own are by far the very best. I like an old slogan from years ago that goes like this; "**OH YES, WE GROW THE VERY BEST**". I believe we do have the very best Parasite Formula on earth and if I could make it better I would. Hopefully this web page will convince the world it is made with the finest herbs possible and that Middleburg Hillside Farm is the ideal location for such Natural Herbs to grow.

I don't believe anyone else goes to such lengths to produce such a formula and I believe most, if not all commercial formulas have their problems. I believe the Dr. Christopher herbal methods treats the person like a farmer would treat an animal, in that it uses very strong herbs as a "treatment" and not as a program to get worm-free and stay worm-free! The goal of this web page will be to educate those with interest to understand what **Worm-Free** really means. Those seeking one time treatments will always fail with parasites.

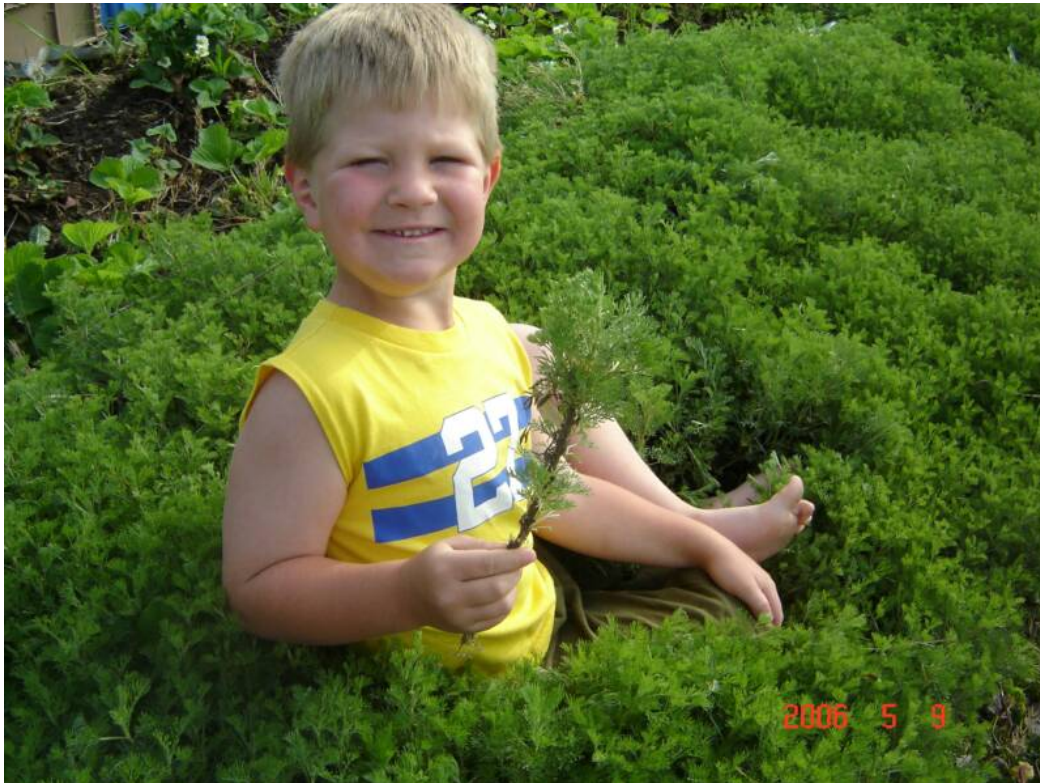
The world was re-introduced to the subject of parasites some years ago with the Dr. Hulda Clark books. Once you have interest in parasites it is easy to find thousands of pages on the Internet from medical colleges around the world. Once my interest was sparked by the Clark books, I purchased as many old medical books on the subject of parasites that I could find and discovered a few really great books were made about 100 years ago. The very best book was peer reviewed around the world and found to be correct, it identified all diseases and each parasite associated with that certain disease and used just one herb as a cure for all parasites. This book was only printed once and limited to 1,000 copies and I felt very honored to come across it.

I think I can prove I have spent more time **self-experimenting** with the parasite issues so I could prove or disprove their existence than most anyone else that uses herbs. Nothing is ever the total truth written in stone, I learn as I go and what I believe today may change in time, all I write or show is for entertainment purposes only and to stimulate others to also self-experiment and learn for them selves.

I have relied on the Clark type of herbs mostly because so many people have purchased her books and seek the products/herbs she makes mention of. The herbs I use are all mentioned in the Clark books as well as most herbal books. I make the formulas "different" than anyone else! I also will be stepping out on "**MY OWN**" with this web

page and explain The **"BAREFOOT"** Way and offer a **Select "PREMIUM"** product based on "MY" personal beliefs of the true use of herbs as aids in health.

## WORMWOOD THE MOST POWERFUL HERB



Trent is sitting in a bed of "Premium" Wormwood. Why do I say "Premium"? Because I have cared for this bed for 10 years now and in Master Herbalist School I was educated to understand what makes a plant more and more parasite resistant each and every year! Note the stalk of Wormwood being held, it is hard wood, yet Trent is setting in a bed of fluffy soft Wormwood. This is only possible if you care for the plants and I am sure no one else who makes a parasite formula has any idea about Wormwood, its proper care and how to extract the nutrients properly and can only guess how to properly use it.

The one thing I have noticed is that on the Internet and many modern books all show a picture of the "WRONG" Wormwood plant. They usually show a commercial ornamental flower garden wormwood plant. This proves to me they haven't a clue about what they are writing about and who knows what these people selling parasite formulas with wormwood in the formula are actually using??? This is why there are so few "Master Herbalist" in the world today, few want to actually want to learn, they would



rather follow the blind in search of quick \$\$\$ only and the consumer is the one that is always getting ripped off.

I won't be showing all my learned methods, but hopefully enough to let all know; ***"OH YES, WE DO GROW THE VERY BEST !!!***

## THE BLACK WALNUT TREE



To graduate Master Herbalist School I had to write a thesis on 1 of 100 herbs used by The School of Natural Healing that no one else had chosen and I was able to write about the Black Walnut Tree, to me the thesis was something that is boring, I am not one for following others and their rules. I would rather just state it the way I see it and so be it, but we all know you flunk classes if you don't conform to their rules.

A really good herb can be described as; every part of the plant/tree can be used, and the Black Walnut Tree as well as every herb in the De-Wormer Formula is usable. Knowing what parts and when and how is what makes or breaks a formula.

The Clark books explain the walnut or fruit of this tree is to be used when mature and even on the ground and partially black. This would be a source of anti-fungus herbal formula or an herb used to stain steel animal traps and NOT an herb used for Parasites or to be taken internally, unless first understood how to make it properly. The Clark books also explains to use Vitamin C powder as an acid aid to preserve the chemicals in the Walnut that is specific for parasites. I asked Christopher Hobbs (one of my teachers) years before I ever took the Schooling about the proper use of the Black Walnuts for use

in De-Worming humans; he is considered one of the smartest herbalist on earth and an expert in herbal science.

Mr. Hobbs sent me an e-mail with many pages copied from a 1952 German Science Study of the Black Walnut and its use for parasites, I even took the time years ago to make a paper copy and send to Dr. Hulda Clark. This study proved the mature walnut to be the weakest part of the tree and if the nut was old enough to have any dark spots on it, it was worthless as a De-Wormer. It went on to explain the Male Bud at the top of the largest male trees was the Superior source and every day after the Male Bud, the source would be weaker and weaker as time goes on. The actual walnut fruit was considered a poor source, unless it was very immature. It explained that the extracted chemicals must be kept in an acid solution or they would be ineffective and the proper method was to add Raw Apple Cider Vinegar the hour the Walnut Buds were harvested. The Clark method uses Vitamin C powder as her suggested method of an acid, I explained the proper methods of the German Study and she ignored all the German Science and kept her books as they were, even though she has scientific proof that her method was not correct.

**The Problem:** most people selling Black Walnut Tincture or a combination of walnut/wormwood/clove have done so based on the Hulda Clark books. The use of dry/dead wormwood and powdered clove capsules, etc. is just about the poorest method a person could do that are seeking herbs as aids for removal of parasites. Throw in the use of Vitamin C powder and you have turned the herbs into a liquid made with white drugs falsely called Vitamin C. Most herbalists don't even bother with parasites, because like the MD, parasites keeps the person a returning customer. When you do see an herbalist using herbs for parasites they usually use the toxic herbs for short time use and have zero idea what it takes to be worm-free, they suggest using their product one time and normally have little to say about worms, because they were never educated on the subject. Medically they know even the use of chemo can't kill all the parasites and if they kill them too fast with such toxic methods the person could die in their own trapped waste. You can find allot of information about parasites on the medical web sites at colleges and Government data bases proclaiming death rates by the year in every country and boast of having a collection of over 20,000 different parasites. Only in the oldest medical books such as the 1 of 1,000 printed long ago, will you read of the cure for such parasite problems. Today the use of drugs can not control parasites and all toxic substances always makes for more and more parasites, so you don't find MD's talking much about parasites, you don't want to promote something you have no cure for.

- **Like most herbal things the more I researched, the more I seen I would have to make my own if I was to trust it with my children and family.**

Where I live the Black Walnut Tree is just about everywhere you look. Our yard has more Walnut Trees than any other trees. The woods are full of large old trees. My experience has been that some years the male bud rarely appears and in other years is abundant. In general there is maybe one male Walnut Tree for a half a dozen female

trees. As the German Science proved, the largest Male Buds are on the tops of the largest trees, this is Nature's way of allowing the winds to blow the spores across space to reach the female trees.

I do allot of tricky things such as trimming the Male Trees to damage them and make them seek to make more and more powerful resistant chemicals and the greatest trick of all would be to cut down all the female trees in the area, this would force the males to make extremely potent male buds in an effort to reach the far off females. **It is a proven government fact that plants communicate with each other.**

When our life is over, we may actually learn that we humans of "free choice" who choose to poison our selves may actually be the least of God's creatures to understand Nature's Ways.

I have made many devices to retrieve the walnuts and even use to cut down some of the spare trees to obtain the Male Buds, those days are behind me, I have a Lift Bucket Truck that allows me to harvest on the "PRIME DAY" and not damage the trees more than I desire to. This is also the only safe method to harvest.

**Why am I the only person on earth to use the Premium Part of the Black Walnut Tree?** Because the Male Bud must be harvested prior to loosing its spores to be absolute Premium and that means you have 1-2 days per year to harvest a years supply and I am the only person on this earth that does this as far as I am aware of and if they do harvest the male bud, they most likely are doing so because they read where I said it. **The Black Walnut can not be dried or extracted in a non-acid liquid or the anti-parasite chemicals will not keep.** Considering these few facts, it is easy to see why no one does it correct, ONLY someone such as a **Master Herbalist** would go to the efforts to make the very best.

- I believe the Black Walnut products sold commercially are made with the **wrong** parts of the tree, harvested **wrong**, preserved **wrong**, bottled **wrong**, sold wrong and used **wrong**.

I personally believe the simple minerals the person receives from the herbs enables the liver to "Jump Start" and the increase then gives the customer the illusion the formula was the reason for worms dieing and feeling better. I suggest the customer that used these wrong made products only received a very small percentage of what the whole herbs have to offer as nutrition. .

(I will show my experiments after I have shown all the herbs used in the formula)



This a picture of immature walnuts from the black walnut tree.



This picture illustrates a premium harvested male bud from the top of a tree.





This picture shows the tops of the tree have been cut off to collect the best male buds. The largest trees grow over 60 feet tall and the buds grown on the North side are considered the best de-wormer quality.

At the conclusion of the web page I hope it is clear to see that I will go to all lengths to make the very finest herbal De-Wormer formula possible, if it can be made better, I will modify it. The object of this web page is to show proof that this formula is the finest made on earth as well as education to all. In the above pictures the first one is a fine example of a prime male bud. By topping the male trees I have their absolute Prime male buds and this forces the trees to make stronger and stronger chemicals each year in an effort to mate. These "topped" buds are the cream of the crop literally. The female trees also will react to not having enough males and will alter each year again in an effort to produce a fertile walnut. I doubt another person on earth has put the efforts into the Black Walnut tree and as well as examining the facts of human De-Worming as I will show later.

The best possible walnuts fit easily into the palm of the hand and not the suggested old walnuts in the Clark books. It takes hundreds of these to fill a bucket and again, only The **"BAREFOOT"** Herbalist, M.H. and his boys will put such efforts into making herbs properly.

This is not all I know about and use of the Black Walnut Tree, but more than enough to see; ***OH YES, WE DO GROW THE VERY BEST!***

# THE OLIVE LEAF TREE

Like the Black Walnut Tree, the Olive Leaf Tree also can be used from top to bottom for many things. Dr. Morton Walker wrote the best book on the Olive Leaf Tree called; "**Olive Leaf Extract**". I won't go into allot of details here because everyone needs to read that book, it only cost \$5.95 and explains everything from bacteria/virus control to a cure for Parkinson's, HIV, etc. and just about all viral/bacterial diseases with Olive Leaf that he states test shown was as safe as drinking water to consume.

My experiences with Olive Leaf has proven to me that **Olive Leaf** is the **KING of HERBS**.

I live in an area where the Olive Leaf Tree can't grow. I tried raising them in pots that I could bring in for the winter. They survive but can't thrive, so a kind lady in California sends me all the fresh cut Olive Leaf branches I desire. One time one of the branches poked a hole through the large box and it appeared some one 3,000 miles away was sending me their tree/yard clippings, but the mail lady didn't say much because she knew we seek the very best herbs anyway we can get them! On the "**BAREFOOT**" WAY web page you can see how I grind the limbs up and it attracts the honey bees that cover themselves in the powder and takes their treasure back to their hive to use as their medicines.

I use Olive Leaf in every formula I can, I believe it makes all the original Dr. John R. Christopher formulas better. Dr. Hulda Clark uses Olive Leaf in her HIV experiments and got me looking until I found the Walker book and once I understood this King of Herbs it had to be apart of my De-Wormer Formula.



(Filler picture)



These leaves were hand picked from the branches that were sent to us, I couldn't ask the nice lady to hand pick the leaves for me, it would be nice and save allot of shipping cost, etc., but the leaves are best left on the stems until they reach us. I assure you, no one goes to the efforts we do to raise or obtain the very best!

## THE PUMPKIN

As a child I remember raising pumpkins, they were a fun thing. We didn't make the pumpkin pies from them, but did enter one at a local festival once and I remember winning a \$10 prize which was allot of money back then. Clark makes mention of the pumpkin seeds anti-parasite qualities as due most herbal books. They are best known as a children's de-wormer when eaten raw. I read a juice book once that explained if you juiced a pumpkin rhine, seeds and all and drank it, it was considered a cure for HIV. So to round the De-Wormer Formula out I had to add Pumpkin Seeds.

For well over 12 years, the only Syrup / Tincture de-wormer formula I made was the 5 herb mixture of Black Walnut Tree, Olive Tree, Worm wood, Cloves and Pumpkin seeds in my own blend of syrup and tincture extracts. Most all testimonies and information that exist has been on this one original formula that started in the 1990's as a result of the Dr. Hulda Clark craze to use her favorite herbs. As her fame and books became popular, she added just about every herb, vitamin, oil, etc...to her list of products the reader must buy and just like most authors, their very first book always proves to be their best.



*OH YES, WE DO GROW THE VERY BEST!*

## CLOVES

The only source I have ever read about Cloves being used as a De-Wormer is the Clark books. She states it is good to aid in the elimination of parasite eggs. I will have to take her word on this and if nothing else the Cloves gives the De-Wormer Formula a pleasant flavor. I live in the wrong part of the world for Cloves so I purchase "ORGANIC" raised Cloves and then liquid grind them and make an extract. The Clark books explains once the Clove is ground in air and put in a capsule it loses its ability as a anti-parasite herb, yet she then only has the reader/patient consume old clove capsules! The Cloves I use are the best available in my opinion and they are ground in liquid and not the air to form a powder for a capsule.

## RAW APPLE CIDER VINEGAR +

I will only use Raw Vinegar as proven by the German Scientist over 50 years ago and refuse to use Vitamin C chemical powder as suggested by the Clark books. We obtain Apple Cider Vinegar from a local Amish Apple Orchard that also sales our De Wormer Formula. They keep a few thousand gallons of vinegar in various stages of development in stock and we buy their three year old Vinegar. I then have an Amish family further away that has vinegar that is three generations old that has aged just a little over **100 years**. Being one of our customers they were nice enough to allow us to obtain some of this vinegar and it is so powerful tasting it is unbelievable! I mixed these two vinegars

together and then add the three year old vinegar to the tank and never allow it to go empty, this way the 100 year old vinegar is always apart of this tank.

To take it a step further I make Pineapple Vinegar. This dates back in history as one of the best vinegars possible, it not only aids in keeping the heart and veins clean, and it also is one of the best herbs to aid in removing heavy metals such as lead. Dr. Morton Walker searched the world over for people who lived well past age 100 and he noted one thing: "they all had extremely low lead levels".

I will suggest my vinegar is one of the rarest formulas of vinegar on earth! People often ask for some of the "mother" from it to start their own batch of vinegar.

## **THE DE-WORMER FORMULA**

From day one I never made plain walnut tincture and took pills of wormwood and cloves, I started out as a three herb formula and most likely was the very first one to do this! I was asked to take some pictures to a Dr. Hulda Clark seminar in Kentucky many years ago and showed my De-Wormer formula and Kidney Cleanse and everyone had never seen such a thing before! They didn't know this could be done in liquid.

The Black Walnut, Wormwood and Clove has been copied shortly after that seminar but no one has copied "MY" formula of five herbs, the vinegar, etc. and if they have, it is most certain they would never put forth the effort or come close to the way I make it and "IF" they did and sold it commercially, it would be the most expensive herbal formula ever sold.

I have read about every herbal book written over the years and not one suggests making an herbal formula the way I do. My method came to me after my first forty day fasting experience and no one knows it or has an idea how to copy it. My formula is not a syrup, nor is it a tincture, it is "MY" combination that worked out so well that I make all my none tincture formulas this one way. Every formula I make that I call a Syrup/Tincture is basically a cure-all type of formula. The main herbs determine the name given to the formula and the actually formula is meant to supply the liver nothing more than plant based nutriment/minerals.

Note that the Longevity Spices for Life Formula incorporates "ALL" my formulas, so it is always my Ultimate Plant based mineral formula that is about 108 times more complicated than this De-Wormer formula.

## **DO THE HERBS WORK?**

**Herbs are sold all over the world and odds are, the person selling the herbs never used them or made them. So how do they know their products work? They don't!**



I had my own health issues from working with lead all my life and was dieing, the medical doctors had no clue or help because the medical doctors are trained to not identify work related health issues that could harm the factories that pay the insurance that makes the doctors wealthy, so they turn a blind eye when the ill enter due to factory related diseases.

I had no teachers, no help, I had to learn how to save my life on my own and I was loosing the battle. Then a family member purchased the Dr. John R. Christopher video series over 15 years ago for over \$300 which is allot of money now and then! When I watched these videos I watched them non-stop all night long! I was seeing something I had known nothing about, I was seeing these weeds called herbs could be used to help people like me. I was a novice; I had not one person to instruct me or to answer any questions. So today many years later we answer people's questions and we supply the books/videos and educational materials because I know it is a scary thing to Self-Experiment with herbs for the first time! I spent thousands of \$\$\$ and time reading and searching and much of this was on the wrong paths and years went by as I stumbled onto this and that as my path was being straightened out as I started to "Believe" in NATURE!

The very first herb I self-experimented with was the Black Walnut "Christopher's" Way! I had no idea what I was doing; I just followed the instructions to make the fungal killer his way. It worked, I painted it on my legs where the bloody rash had been for 12 years and my legs turned black from the natural minerals in the old walnuts. **THEN I MADE A MISTAKE!** I figured the next day I would apply the formula again!

I had no idea about iodine, I didn't know it killed human tissue on contact, all I knew was it stopped the itch that was driving me crazy! I didn't know my skin had been killed and a new layer being formed under the dead layer and when I applied the second coat of natural minerals I burned my legs so badly that I set in the bathtub filled with 55 degree water and my leg pain was almost unbearable for two hours. I had no where to turn, no one to call and I couldn't go to the emergency room with two black legs on fire from iodine type burns. I was screwed and had to bare the pains of my self-experiment, my very first experiment that I thought was going to kill me!

I still had no where else to turn, the use of herbs was my only option and I didn't know how to use them. It took nine months to obtain the Dr. Christopher School of Natural Healing Book and then I was able to read and understand the herbs better and make better decisions. My adventures; the ups and downs of self-experimentation with herbs and natural methods could fill a book! I figure I wasted over \$20,000.00 by being misled by the modern vitamin books printed after 1950.

For this web page I will only show how the De-Wormer formula came about based on my self-experimentations which allot of people for three years volunteered, so I had a large variety of different people, ages and races to see with my own eyes the results that lead to me coming up with the formula I use and the doses I figured were best.



# MY EXPERIMENTS (years ago)

HERE I WILL SHOW THE EXPERIMENTS, THE PROOFS AS I KNOW THEM.

IF YOU'RE READING THIS, THEN YOU WERE GUIDED TO BE A WITNESS AND MAKE YOUR OWN CONCLUSIONS.

To read about parasites and the herbal methods is one thing, to prove such things are a totally different situation few if any have ever attempted. I spent about three years looking at liver flushes from a large variety of people who were all taking my herbs. Most had zero experiences with parasites and liver flushing prior to talking with us. I will take a guess and say I am the only person who makes herbal formulas and also looked first hand at the results of using the herbs. I did this to prove to my self as well as to allow me to perfect the formulas.

Many authors write about things they have no hands on experiences with. Authors of herb books are just such authors; they are repeating what they read in other books for the most part. The Naturopaths take this information and administer herbs, but they rarely ever make the herbal formulas and again trust many sources to be correct. I will estimate 99.99% of the people consuming herbs have never seen a Naturopath and are taking the herbs based upon an ad sent to them in the mail or from a book they picked up. The best herbs are handed down information and the same herbs the mother used and trained their children to use, but even then how could a person know if the herbs actually aided the body in an effort to be **WORM-FREE!**

I believe just about all the parasite information available today is mostly false in order to sell herbal products that actually have little value because the formula is made wrong and or the doses are wrong. The manufacturers wants the customer to believe they can be worm-free easily with little doses and hardly any effort, their goal being to fill their bank accounts so they can stay in business!

I have many parasite books and only one explains an herbal solution based on scientific medical experience, this along with the Dr. Hulda Clark books explains the use of herbs, but their methods and understanding of total health are lacking. Parasites are creatures designed by God to keep this earth clean. In human health the "friendly" parasites cleanse our cells of our own waste, Dr. Christopher explains these parasites are our garbage men and out number the human cells with a ratio of 80% parasite and 20% human cells. The human cells are large and allow us to look human. With out these parasites we would quickly die in our own accumulated waste. A common word for these life-saving parasites is "CANDIDA". Candida only becomes a problem when they are over fed, so the only solution for Candida is to stop over feeding them and if need be, reverse the prior damage and change the habits. The larger Parasites can be called animal type parasites, these are more advanced creatures. They are selective and are designed by God to only have certain host. This is nature's Way. Upon death the parasites quickly

dissolve the cells, with out these Parasites life could not exist on earth. Most life forms have a few parasites and keep these in balance their full natural lives and don't experience problems because of them. When a creation of God's does not live where it was designed to live or lives aggressive against God's design in any way, Parasites are Nature's way to keep the checks and balances. All creation has its place on earth; this keeps the populations of all species of plants, animals, etc. in perfect balance.

So the more wrong an animal or human lives the more Parasites would be a natural problem which is the case for all civilized life today. We have far more reasons to have Parasites than we have to not have Parasites. Every wrong food, every wrong habit, poor air, poor habitat, etc. all demands judgment from Nature. In Nature, only the Strongest survive! Man has decided sterilization via metals/drugs is the best method of survival, I will suggest the sterilized body is the most ill body. The sterilized body does not have enough garbage men and suffocates in its own accumulated acid waste.

These large animal type parasites can be extremely small to the human eye sight or commonly as big as a dime with some averaging one foot in length. The Tapeworm species have reached records of fifty feet plus long. I have had customers pass up to 20 feet, but a very rare thin

Most of the parasites take very expensive equipment to detect, the Internet college web sites have thousands of pages of such Parasite pictures and some countries are bold enough to keep records of the death counts each year attributed to out breaks of certain common parasites. Some list many millions of people each year dyeing from very common Parasites. Other countries such as the U.S.A. does not like to display such public records so openly, it is not civilized to openly discus a subject such as human parasites.

When I was experimenting with Parasites I could only afford a child's cheap computer micro-scope that worked with a computer, before this I used a 35 mm camera. This makes my pictures stand out and once you see my pictures they are easy to spot on other web sites. Since the Parasites are seen best while doing a Liver Flush, I will also show my best Liver Flush pictures. I am the only "English" person to ever look an Amish Liver Flush results, I will presume this record to stand for all time. I did educate a group of Amish to look at the liver flush results and they showed me a whole barn full of buckets that they had "grouped" based upon the health issues of the flushee. They were quite amazed to see certain worms coming from certain diseases and even noticed their "special" children had a whole different group of parasites. This would only be natural.

Most of the pictures I will call "MY BEST" came from a Medical MD, a Dentist, a person that traveled to India allot, two woman that grew up around horses and sheep and two girls that had pet horses or dogs. After three years I was not seeing any new Parasites so I quit, my experimentation and perfection of the herbal formula was over. With this I will display a few of my best pictures.



I only looked at the Liver Flush results, so the majority of the Parasites came from the Liver. The Pre-Cleanse eliminates many of the intestinal worms, but in many cases there were still plenty of worms from the entire elimination organs. The above picture is My Best Gallstone and Liver Duct Stone picture. These came from a first time flush from a young man. Note the largest stone! It is the shape of the Gallbladder. This young man had a 100% blocked Gallbladder possibly for many years, the smaller stones only could have came from the clogged Liver Ducts.

Dr. Hulda Clark's son Geoff has a newsletter and years ago you can find this picture in the archived newsletters. The drclark.com web site as well as many web sites over the years have used some of my pictures. The above is the best possible picture of a Liver Flush that is possible.

This picture proves the LIVER is also loaded with stones, simply because large worms eat large holes in the liver, where stones can accumulate.



This is a picture of **eight Amish Liver Flushes at one time!** I have known this family for many years now and they still continue the Liver Flushing and herbal methods. We have learned allot from watching this family over the years. Like a few other Amish family's they buy our products in bulk and spread around the family's in their settlement. It would be clear to see, no one else has went to such lengths to study parasites and herbs.

I would separate the stones of each bucket to show each family member along with microscope pictures of their worms and amount of eggs. This encouraged them to continue until the worms were gone and the stones would be removed along with the chaff as described in the Dr. Hulda Clark books.

I will estimate no one has went as far as I have in the search to understand liver flushing, parasites and how the human body functions. Every college educated medical student would consider my methods as primitive as possible and they would be correct. I have zero college education, no fancy testing equipment or education in all the fancy names created to complicate human health understanding. In fact, all I do is considered for plain people, because I am a very plain person that grew up on a gravel back road with no indoor plumbing or modern conveniences. We learned to work with what he had.





The first step of examining 8 amish flush buckets is to take out the stones, next would be the worms, then the eggs and make a file for each person and compare the results after at least 3 liver flushes in a series. Color, amounts, their comments, experiences, their past problems, etc....all was required to get an understanding of Liver Flush results and most of all, proved or disproved the ability of the de-wormer product. The liver flush results I hated the most, was those that brought them to me in the winter months, because such work must be done outside on the ground with plentiful clean running water.



Trevor is holding a jar of black walnut bud tincture.



Just for fun, I made a few customers the finest possible black walnut bud tincture I could make. Using tincture that was years older as the base, the final product was as strong as possible. I have one of the world's largest private herbal collections and when someone wants something normally available no where else, there is a small chance I may have it or know where I can get it. When it comes to herbs known to help in de-worming, I actively seek them all the time, if you have historical information of a particular herb your ancestors, etc. used successfully in de-worming, I would be glad to listen to your info. Usually every herb can be found written up within the largest herbals from Germany and very old Kings records, etc.....but I am sure much of the good information has long since been removed and forgotten. With humans, it seems the larger the assortment of herbal minerals within a given formula, the better chances the liver has of making use of them.

I want to show an example of a study into **just one of the many herbs I use** in the Adult De-wormer Formulas, it would take hundreds of pages to do a study on each one of the herbs, this earlier file is just for example:

I will insert a study I did on the herb called Desert Parsley, an herb that gained fame in the 1918-19 swine flue plague. World wide many such herbs exist in history, I wish I had a study for each herb used world wide. This is a very rare North American herb; I don't believe any commercial sources exist for it. I have what I believe to be the largest collection in the world of this once important herb.



DESERT PARSLEY  
By The “**BAREFOOT**” HERBALIST



The desert parsley plant is wild crafted only at high altitudes of the far west. In 1932 some sources said it was extinct. It was over harvested when Dr. Krebbs used it for the 1918 swine flue that killed 50+ million people world wide and was considered the only cure in America. Thanks to the Native Indians, Dr. Krebbs was able to save his patients after he had lost the first 300.

Pictured from left to right:

Dried slices that fit in quart jar.

2 oz. Tincture - dropper bottle.

Dried slices that can only fit in a wide mouth ½ gallon jar.

Dried slices that can only fit in a 1 gallon jar.

These are products that I have personally made so far in my self-experimentations and quantities will always be small due to the rarity and location of the roots. Very few herbs are as rare as this root, the growing season is short and rarely does anyone live at such high altitudes and no one has been successful in growing the plants in captivity from seed.



Note the size of these seeds; they are smaller than the common dandelion seeds.

The very first root I acquired I couldn't kill it, it was HUGE and had a small start, so I planted it in a wood barrel beside the house where I could watch it. I later planted some in the woods and they didn't receive enough water and all died.

This study will take a few years to complete; I estimate I know about 20% of what I should know 5 years from now. I am working with an Amish Healer that has 15 years experience in clinical use with this herb and I consider the most authoritative on its modern day usage. I consider this the rarest plant on earth that has the most powerful medical use in the 1918 swine flue epidemic that killed 20+ million Americans. It was basically considered extinct by 1932 because it was all harvested once Dr. Krebbs, M.D. learned from the local Indians how to save his patients. Before the use of this herb Dr. Krebbs, M.D. lost all his patients and after he learned how to use it he saved all his new patients or so the story goes. At any rate this herb deserves investigation.

Recently I have discovered that the 1918 swine flue may have been greatly influenced by the Mustard Gas used in World War I and possibly the Desert Parsley may be the choice Anti-Germ Warfare agent.



We traveled to Utah and were able to find a huge patch of these wild plants. They so far have not been cultivated and the only source is wild crafted. The roots need to be 20 plus years old to be in there prime, so this is still a non-commercial and very scarce herb. It is in extremely limited supply.



These are RARE large premium roots! In days of past there are stories of 20# size roots which would dwarf these. You can tell by the size that the center cut even after being dried, takes a 1 gallon size jar to store in.

Many sources in the news papers are stating the same flue of 1918 is around the globe in many animal species and jumping to humans on a low scale. This again may be the use of Germ Warfare being covered up once again as flue symptoms. Their estimates are that when it does become epidemic it could wipe out ½ the population in the world in two weeks. I personally believe all of these rare diseases such as HIV/Aids, West Nile, Mad Cow, Lymes, etc. all have their basic causes in aluminum toxicity/germ warfare due to “AIR PHARMACOLGY” government programs dating back to 1948. (see my book AIR PARMACOLGY)

### **Dosages: alcohol tincture.**

Note: As I learn more all of the methods will change for the better, right now I am learning about a plant that has not been written about by a medical or herbal person with experience as far as I am aware of in current times. The best information would come from Dr. Krebbs, M.D. senior on his methods that saved many lives and the many uses of the American Indians.

The Amish clinical use of 15 years believes that 3 drops 3x per day for a total of 1 and ½ ounces is the ideal dose for all infections. They have seen that this has cured old health problems that have been chronic for years, especially old joint pains. Today in 2010, I believe this is because this herb is very anti-syphilis and killing the syphilis worms would aid the joint health, since these micro scopic worms eat the old joints that cause arthritis type pains that lead to joint replacement surgery.

They see that most young children will develop a rash with prolonged use and 1 in 200 adults will develop a rash even at the small dose.

Some internet sources say to take 1-3 droppers per day with a glass of water. The Amish clinic states that they have done this but in rare cases. They prefer the safe dose of 3 drops 3X per day. I have since learned of a clinic using electronically testing suggest **no human take more than 3 drops of pure desert parsley tincture daily. I personally suggest the safest dose to be no more than 3 drops total each day, unless under the care of a qualified care provider and basically, no one exist that truly knows the perfect dose!** Use care when using what I call “adult” use only herbs, they can be very potent. In tea form or used like native American Indians, large doses are probably very safe as history shows.

Desert Parsley **should not be used while pregnant** or taken with out water. I personally took 3 droppers per day of a commercial prepared desert parsley electronically prepared product for 9 days while fasting and had a sever reaction on the 9<sup>th</sup> day. I believe this was due to taking it by mouth with no water and holding it. All doses should be taken with a glass of water or tea and always start out with low doses. I personally have never had a problem with desert parsley used in a formula with other herbs.

Naturally tea made with this plant would allow much larger doses. The Native Indians made teas and used these roots in many ways.

Being able to search for herbs in their native habitat is a great delight; we had the opportunity to search the mountains of Utah near where the late Dr. John R. Christopher lived. The local herbalist had no clue of this herb. Keep in mind, this herb has been obsolete for well over 75 years. We paid a local herbalist that takes people camping in the mountains with no packaged foods or commercial shelter and teaches them to live in the wild on what they can find for food and shelter. I explained where the herb should grow and in short time we were finding it in the wild. Like other herbs, I tried to grow them at our home and they would not thrive, this particular herb lives high in the mountains where no human desires to live. Don't worry about my face, I am no author, my name and picture is not important. These pictures are just proof that I have great interest in herbs that were known to be the only cure in very bad times such as deadly plagues.



In search of the Rare Desert Parsley in their native habitat high in the mountains.

Walking high into the mountains where no one lived was very exciting, but also a little fearful not to go too high and not head back in time before nightfall would make traveling almost impossible. The mountains turn extremely dark after nightfall as the evergreen trees block the light and you don't see any lights to guide you homeward.





A large healthy plant on a very steep creek bank  $\frac{3}{4}$ th the way up a large mountain. It took 3 hours walking up a creek bed to find the first healthy plants. In the lower altitudes you can find small plants that burn off in the sunshine and lack of water. When you find healthy wild plants, you know you're in their preferred habitat. The plants in the lower altitudes never live long enough to seed down while the shaded deep woods plants along the creek beds running with melted snow have abundant seeds.





A good day's harvest! These roots come from a mountain top in the Far West. I pay a couple to dig these for us. They have to travel some distance at times to acquire such a nice find and use horses. I personally have a problem with killing such old plants, but these people are making money selling many native herbs and I am probably the only customer with interest in this plant. They practice leaving the seeds for future plants and in another 20 years hopefully there will be a new crop.

**The following has come from public internet sources.**

There is no way of knowing for sure which of this information is accurate. Many times

authors use caution because they have no self-experimentation and are scared of the herb or scared people will take too much and harm themselves. So the only true way is to see what is written and make judgments based on experience.

*Lomatium dissectum* var. *dissectum* fernleaf biscuitroot

**Duration:** *Perennial*

**U.S. Nativity:** *Native*

Kingdom	<a href="#">Plantae</a> – Plants
Subkingdom	<a href="#">Tracheobionta</a> – Vascular plants
Superdivision	<a href="#">Spermatophyta</a> – Seed plants
Division	<a href="#">Magnoliophyta</a> – Flowering plants
Class	<a href="#">Magnoliopsida</a> – Dicotyledons
Subclass	<a href="#">Rosidae</a> –
Order	<a href="#">Apiales</a> –
Family	<a href="#">Apiaceae</a> – Carrot family
Genus	<a href="#">Lomatium</a> Raf. – desertparsley
Species	<a href="#">Lomatium dissectum</a> (Nutt.) Mathias & Constance – fernleaf biscuitroot
Variety	<a href="#">Lomatium dissectum</a> (Nutt.) Mathias & Constance var. <a href="#">dissectum</a> – fernleaf biscuitroot



### **Parts Used: The Root**

*Lomatium* contains an oleoresin rich in terpenes. It acts as a stimulating expectorant, enhancing the liquefaction and consequent elimination of mucus from the lungs. It also appears to exert a strong antibacterial activity, interfering with bacterial replication and

inducing increased phagocytosis. The resin also contains a number of furanocoumarins including nodakenetin, columbianin and pyranocoumarin. These resins may be responsible for the plant's antiviral effect. They may also be partly responsible for the phagocytic action lomatium causes.

Based on empirical evidence and discussions with clinical herbalists, lomatium can be used as an antimicrobial, especially in the lungs and upper respiratory tract. It provides quick-acting relief in cases of viral or bacterial infection, particularly when there is a large amount of thick or sticky mucus and infection is deep-seated and persistent. Consider taking lomatium for pneumonia, infective bronchitis and tuberculosis. Its infection-fighting ability makes lomatium valuable as a mouthwash and gargle for oral and throat infections, as a douche for bacterial and viral infections or candida, as a skin wash for infected cuts or wounds, and in many other first- aid situations.

Do not use Lomatium dissectum if you are pregnant or breast feeding.

Side Effects: There is a rash of hives which affects 5 - 10% of that using lomatium dissectum tincture. This skin rash has so far not been reported with the powdered extract which we sell in capsules. If a skin rash develops, discontinue use. Side effects: This herb is anti-bacterial as well as anti-viral, and at higher doses could cause depletion of the 'friendly' bacteria normally found in the intestinal tract. Addition of acidophilus to the diet should counter-balance this potential.

Michael Moore's book Medicinal Plants of the Pacific West (Red Crane Books, Santa Fe, 1993) has an interesting discussion of this 'lomatium rash' reaction with the use of tincture or fresh root, suggesting that a protocol supporting the whole person may prevent side effects of this sort. He also notes that the rash does not reappear if the patient uses Lomatium again a month later.

Important notice:

Information offered here is not intended to be used as a substitute for the advice and supervision of a health care professional when looking for treatments for medical conditions. No guarantees of any kind are made for the performance or effectiveness of the preparations mentioned on this website. No responsibility is assumed by the author, publisher or distributors of this information should the information be used in place of a licensed medical practitioner's services.

### **Historical or traditional use (may or may not be supported by scientific studies)**

Native Americans of many tribes reportedly used lomatium root to treat a wide variety of infections, particularly those affecting the lungs. Lomatium was used, particularly in the southwestern United States, during the [influenza](#) pandemic of 1917 with reportedly good results.

## Active constituents

According to obscure sources, lomatium is reputed to have antiviral effects. One source suggests the constituents tetroneic acids and a glucoside of luteolin may be potentially antiviral. However, little is known about how these compounds act or if other ones might be as important.

## How much is usually taken?

Lomatium extracts with the resins removed (often called lomatium isolates), 1–3 ml per day, have been recommended. Lomatium tincture, 1–3 ml three times per day, can also be used, but it may cause a rash in susceptible people. The tincture should not be used unless a very small amount of it is first tested for a reaction. However, even very small amounts can cause a reaction in sensitive people.

## Are there any side effects or interactions?

Use of lomatium extracts or tinctures containing the resin (and possibly the coumarins) can, in some people, cause a whole-body rash.<sup>3</sup> This herb may also lead to nausea in some people. The safety of lomatium during pregnancy and breast-feeding is unknown and is therefore not recommended.

At the time of writing, there were no well-known drug interactions with lomatium.

## History of Lomatium Dissectum

Dr. Krebs Uses Lomatium for Influenza Epidemic

The following is verbatim from: *Bulletin of the Nevada State Board of Health*, No. 1, Carson City, Nevada, January, 1920

### AN INDIAN REMEDY FOR INFLUENZA

*In publishing this paper the State Board of Health does not give its endorsement to the remedy until it has had further trial. We merely present the facts as stated by Dr. Krebs, with the idea of giving the matter publicity and encouraging others to give it a trial.*

During the fall of 1918 when the influenza epidemic visited this section of Nevada, the Washoe Indian used a root in the treatment of their sick which was gathered along the foot-hills of this slope of the Sierra. The plant proved to be a rare species of the parsley family, according to a report from the University of California.

The Indians gather this root in the late fall, November being considered the proper month for gathering. The root is used in the fresh or dry state. It is cut up and a decoction is made by boiling the root in water, skimming off the top and giving large doses of the broth. A pound of root is considered about the proper dose to treat a case of fever for

three days, which is the longest time needed to break up a fever due to influenza or a pulmonary disease, although the Washoes used it as a panacea. Whether a coincidence or not, there was not a single death in the Washoe tribe from influenza or its complications, although Indians living in other parts of the State where the root did not grow died in numbers. It was such a remarkable coincidence that the root was investigated by a practicing physician who saw apparently hopeless cases recover without any other medication or care of any kind.

A preparation was prepared and employed in a great many cases among the whites, from the mildest to the most virulent types of influenza, and it proved, among other things, that it is the nearest approach we have today to a specific in epidemic influenza and the accompanying pneumonia. Where used early it proved itself to be a reliable agent in preventing pulmonary complications. Other physicians were induced to give it a trial, with the same results. It is beyond the experimental stage, as its therapeutic action in this direction is established and beyond any doubt.

- **The cases in which it has been used run into the hundreds. There is probably no therapeutic agent so valuable in the treatment of influenzal pneumonia and, as far as being tried, in ordinary lobar pneumonia if started early.**

Its action on coughs is more certain than the opiate expectorants and its benefit is lasting. It acts as a powerful tonic to the respiratory mucous membranes. It is a bronchial, intestinal and urinary antiseptic and is excreted by these organs. It seems to stimulate the pnegastries (sic) and causes a slow pulse with increased volume and reduced tension. It is a pronounced diaphoretic and somewhat diuretic, and it is a stimulating and sedative expectorant. In large doses it is a laxative, and in extreme doses emetic.

To make a therapeutically active preparation, the proper variety of the root must be selected in the late fall and properly cured out of the sun. Its active principles must be extracted with as little as possible of the objectionable constituents. The active principles of the root are decidedly complex.

It contains a glucoside (as its solutions precipitate copper from Fehling's solution). It contains one or more alkaloids and an acid analogous to benzoic acid, one or more volatile and fixed oils, a resin and a gum. It can be seen from this that it resembles a balsam from the fact that it contains an oleogumresin and an acid besides alkaloids and glucosides. One can at once appreciate the fact that a reliable pharmaceutical preparation representing the action of the root is not readily made.

**The volatile oil, which is one of the principal therapeutic agents, is lost in making a decoction.**

This particular variety of Desert Parsley is not as common as believed as some, and it is this particular variety that has medicinal or therapeutic virtues. It grows in dry sandy soil, as a rule, under or between tall sagebrush or greasewood. The plant grows from two to four feet high and has a blossom similar to wild parsnip and leaves like a carrot. It is a



perennial, and the older roots frequently weigh from two to six pounds. It sprouts early in April, blooms in May, seeds in June, and withers in July.

**A number of trials in transplanting the root have been made, but none were successful.**

Desert Parsley is destined to become one of the most useful if not the most important addition to our vegetable materia medica.

**ERNST T. KREBS, M.D. Carson City, Nevada.**

The botanical name was changed in 1942 by Matthias and Constance, from *Leptotaenia dissecta* to *Lomatium dissectum*.

### **Big Medicine**

Traditional Uses of *Lomatium dissectum*.

Across the Great Basin and through the Northwest, the perennial *Lomatium* species were referred to as ‘the big medicine’.

A recent publication, *American Indian Healing Arts*, by Kavasch and Baar (Bantam 1999), includes a discussion of *Lomatium* use in association with the importance of the breath. They note the traditional use of this herb to treat respiratory problems.

In the ‘40s and ‘50s when **Edith Van Allen Murphey** and **Percy Train** were asking the Native Americans of Nevada to report on their use of herbal medicines, *Lomatium dissectum* was known botanically as *Leptotaenia multifida*.

Edith Van Allen Murphey’s report entitled *Indian Uses of Native Plants* is printed by the Mendocino County Historical Society, Ukiah, CA, 1959. The common name for *Lomatium dissectum* was at that time “Indian Balsam”.

Murphey reports that at her writing, three Indian tribes occupied Nevada with an Indian population of about six thousand: Washoe, Paiute and Shoshone. She says, “Many of these Indians still depend largely upon their ancient sources of supply of native plants for medicinal, ceremonial and subsistence uses. In the course of their travels they draw upon several botanical zones,...which formerly were adequate for Indians who wrested from seemingly barren surroundings something for their every need.”

Murphey states that Indian Balsam was used by all these tribes for colds. Tea was made for coughs and flu from dried root chips. It is under her reference for colds that she tells us this herb is considered ‘Big Medicine’ by these tribes.

Murphey also described treatment for ‘heart and tonic’ conditions where Indian Balsam decoction of dried root is drunk as tea. The patient is instructed to drink only this tea for fluids, together with bed-rest for one week.

Three gentlemen, **Percy Train, James R. Henrichs, and W. Andrew Archer** compiled a publication in 1941 entitled *Medicinal Uses of Plants by Indian Tribes of Nevada*. My copy is a facsimile of the revised edition of 1957 from Quarterman Publications Inc., 5 South Union Street, Lawrence, MA 01843.

Train makes this significant statement in reference to *Lomatium dissectum*, then called *Leptotaenia multifida*: "Of all the ailments to which the Indian is heir, probably there is none which has not been treated in one way or another by remedies prepared from the root of this plant. Although considered universally as a panacea, the medicines most commonly used are for coughs and colds, and disorders such as hayfever, bronchitis, influenza, pneumonia, and tuberculosis."

Train describes inhaling the fumes of the root which is burning in a bed of live coals, for asthma or congestion of the lungs. Also common was to chew a piece of raw root for sore throat. The root was also the basis for a number of antiseptics, the decoction as an external wash for smallpox, skin rashes, cuts and sores. The oily sap from sliced fresh roots, when available, was used on cuts and sores.

This significant work on the medicinal plants of the Native American tribes of Nevada was done from 1935 to 1941. The greater part of the actual contact with native peoples was done by Percy Train and his wife, Agnes Train. Although in the first year, Mrs. Edith Van Allen Murphey was among those engaged in this work.

In the Introduction by Mrs. Agnes Train (aka Mrs. J. M. Janssen), she tells of her sources of information, and scope of their field work. "The so-called medicine man of today is simply an individual just two jumps ahead of his fellow tribesmen and alert to the opportunity presented to make money by acquiring medicinal plant knowledge handed down to him from generations past and augmented by his own experiences. Several of the latter, notably, Ike Shaw (Shoshone) of Beatty, Bronco Charlie (Shoshone) of Ruby Valley, and Dan Voorhees (Paiute) of Walker River Reservation, had a wide knowledge of medicinal plants and a substantial record of effective cures behind them."

"During these four years (starting in 1937) every Nevada Indian reservation, colony and community, large or small, in the entire State was visited, and a close study of the Paiute, Shoshone, and Washoe languages, as far as plant names and medicinal usages were concerned, was made in the field."

"During the work of plant collecting a rare opportunity was presented for meeting the older generation in individual families living in remote parts of the desert, as well as in larger Indian settlements and reservations in Nevada. These scattered Indian families were a rich source of medicinal plant information, for they were more dependent upon themselves and their own medicine."

## Uses

### Hepatitis C and Other Viral Syndromes

In 1997 I began recommending *Lomatium dissectum* extracts to my patients with Hepatitis C, and was excited to note that a majority of the people using it regularly, as part of a program, had dramatic reductions in viral counts. Many experienced improvements in energy. Since then I have recommended it for other viral syndromes, upper respiratory illness and sinusitis with good results. It seems to be helpful both by itself and in combination with other herbs, depending on the condition.

**Cheri Quincy, DO**

Internal Medicine

Santa Rosa Medical Group

### Influenza - Chronic Fatigue - HIV

Herbalist **Michael Moore**, in his book, "*Medicinal Plants of the Pacific West*", (Red Crane Books 1993), notes that *Lomatium* "definitely helps simple head colds and shortens the duration of overt influenza viral infections." It also seems to be helpful in "limiting the severity and number of respiratory infections in those with slow viruses..." (the chronic fatigue genre). He suggests the possibility of trying it with HIV infections, again due to its ability to improve general resistance to respiratory infections.

Naturopaths, **Michael T. Murray**, N.D., and Joseph E. Pizzorno, N.D., in their classic *Encyclopedia of Natural Medicine*, (Prima Publishing, 1991) consider *Lomatium dissectum* and *Ligusticum porteri* (a plant from the Southwestern US commonly called Osha) together. In their chapter on Acquired Immunodeficiency Syndrome (AIDS), the authors consider that "..... Empirical experience with virus-associated diseases strongly recommends serious consideration of these plants as elements of a protocol for virus-associated acquired immune deficiency."

### Influenza Epidemic

In 1920, Dr. Ernst Krebs of Carson City, Nevada, reported on his use of *Lomatium dissectum*, then called *Leptotaenia*, during the epidemic of 1918. He observed that the nearby Washoe tribe had not a single death from influenza or its complications. He then made a preparation of this plant medicine for treating his patients with influenza, from the mildest to the most virulent cases. He states that he found *Lomatium dissectum* to be the nearest approach then available as a specific in epidemic influenza and the accompanying pneumonia.

## Testimonials

### Hepatitis-C from a blood transfusion

Please note: The following testimonial came to us via Dr. Jeannette Gallagher, a Naturopathic Doctor in Scottsdale, Arizona. Dr. Gallagher designed an intensive treatment program for this individual containing many herbs. Lomatium was an important component, but one herb alone was not responsible for such a marvelous recovery. The importance of guidance by an experienced health care professional cannot be understated.

"April 22, 2003

I know that it has truly helped my husband immensely. He is 31 years old and was in a severe motorcycle accident about 5 years ago. He lost his leg, was in the hospital for months, and received a blood transfusion. We feel certain that it was at this point that he contracted Hep C. His labs showed an increased viral load of acute Hepatitis. He has not been well since, and we just recently found Dr. Gallagher who is changing his life. She introduced us to the Lomatium. He took heavy doses of the tincture and the dry herb caps. After about four months of treatment, his recent labs showed no signs of having any Hepatitis Virus at all in his blood. An excellent herb that eliminated the Hep C.

-JJ. & E Mulleneaux, Gilbert, AZ

### HEPATITIS C TESTIMONIAL

I found that I had Hepatitis C in 1994 when donating blood and my doctor confirmed this. At the time Interferon therapy was too expensive, so I just let it go. After a few years I began feeling not well and had aching bones and muscles, and had low energy.

I happened to meet an apprentice medicine man in 1999 who gave me some yellow powder to take; he said it might help my condition. I took a #4 gelatin capsule (large end full, not packed) morning and evening with water. He also said I should take Milk Thistle (Silimarin) which I did at the recommended dosage on the bottle. After three week I began to feel better with no aches and pains as before.

After six months a viral load test showed that I was clear of the virus. The only side effect noted was that I did not get the flu or colds. The yellow powder is an extract of Indian Carrot; the medicine man said it was used by the Native Americans for colds, flu and several other things. My medicine man says it is the same stuff he gave me and it has helped several other people with the same condition. I used about 30 grams over the six months period of time.

David Evans

Dr. Cheri Quincy writes to us:

"In 1997, I began recommending *Lomatium dissectum* extracts to my patients with Hepatitis C, and was excited to note that a majority of the people using it regularly, as part of a program, had dramatic reductions in viral counts. Many experienced improvements in energy. Since then I have recommended it for other viral syndromes, upper respiratory illness and sinusitis with good results. It seems to be helpful both by itself and in combination with other herbs, depending on the condition."

Cheri Quincy, DO  
Internal Medicine  
Santa Rosa Medical Group

### **Mysterious upper respiratory infection**

Note: Balsamea Fluid is the tincture of Lomatium dissectum in water. Indian Balsam Capsules are Lomatium dissectum powdered root extract Joe Brown was involved in developing these products. -BL, Lomatium.com

August 20, 1998  
Re: Balsamea Fluid

Early in the winter of 97/98, I came down with what I thought to be a rather bad case of the flu. I became very congested in my lungs and completely lost my voice. I went to the doctor and was given antibiotics. After a short while, the symptoms cleared up although I really didn't feel very well.

A few weeks later, the same thing occurred again except this time I got some fluid buildup in my lungs. Again, after a short while, the symptoms cleared up. This began a regular cycle and with each cycle, my illness became a little worse. Finally, I was going to hospital once a week to have fluid removed from my lungs and my lungs sprayed with something that would temporarily "dry" them up.

The cycle began to quicken and the doctors were running all kinds of tests to see what was wrong. I'm not a smoker so complications due to smoking was not a factor but I was tested for lung cancer and T.B. but these were ruled out, fortunately. They finally found I had some kind of viral infection although they didn't know exactly what kind. Massive doses of antibiotics were the order of the day although they were having no effect that I could ascertain.

After a week in hospital, I felt better but they still didn't know how to cure the problem and I felt I would eventually die from whatever had infected my lungs. From hospital, I called your brother Jay who is a business associate. He said he would call you to see if you had any recommendations. And the rest, as they say, is history.

You sent me Balsamea Fluid for my upper respiratory tract and Indian Balsam Capsules for my lower tracts. I initially took both as instructed but eventually just the Balsamea Fluid. The results were immediate and very positive. I never had to return to the hospital



or see another doctor. Whatever I had, it's gone and I feel fine. However, I would be remiss if I didn't tell you that it has to be the worse tasting stuff I've ever taken. (But it's worth it).

A footnote: After I quit taking it, I put the Balsamea Fluid in the freezer. I had no idea if it would lose its potency or not. After it had been stored in "cold storage" for some time, my wife came down with the same thing I had. I got the Balsamea Fluid out of the freezer, thawed it, she took it and it knocked her illness in short order. I still don't know what I had, I don't know what Balsamea Fluid is but I wish to thank you for it as it probably saved my life and perhaps that my wife as well.

Sincerely,  
Richard F. Hoe  
London, England

### ***Lomatium***



*(Lomatium dissectum)*

*Lomatium dissectum* is a member of the parsley family growing in semi-arid climates in the northwest. Its large root has given it the name "biscuit root." This plant has traditionally been used to fight many infectious diseases, such as tuberculosis.

Today, wildcrafted lomatium is a part of many herbal formulas for relieving common colds and the flu. Although lomatium is abundant in some areas, concern has been raised over this plant for a number of reasons. First is the fact that the lomatium in commerce is almost exclusively wildcrafted. At present, no one is cultivating lomatium on a commercial scale. In addition to this, the life cycle of lomatium is not well known, and it has been hypothesized that some of the large commercially harvested roots might be many, many years old. Since lomatium does not reproduce asexually, and only a very small percentage of its seeds ever germinate, this extremely long life span would mean that sustainable harvest of the root would be limited to a very small portion of the species population.

**Cultivation:** Not well understood at present. In the wild *Lomatium dissectum* grows on rocky slopes, frequently facing south, in semi-arid areas. Probably requires a warm period followed by a cold season and then another warm period.

### *Lomatium Dissectum*

**Other Names :** Biscuit Root, Pungent Desert Parsley, Consumption plant

Lomatium is used in herbal medicine as an antiviral, also known as Indian Consumption plant. It is on the concerned/to endangered list of plants in Idaho. It is prolific in Clearwater area. Harvested roots are chewed by Nez Perce. They call it "neem".

*Lomatium* is listed as at risk by United Plant Savers



**Lomatium.com, offering Lomatium dissectum as an anti-viral and anti-bacterial herbal medicine.**

The **anti-viral** and **anti-bacterial** properties of **Lomatium dissectum** have attracted the interest of herbalists and Naturopathic physicians who are utilizing it in the treatment of today's most difficult viral diseases. It may be part of a protocol in the treatment of **Hepatitis-C, Influenza, HIV, AIDS, Chronic-fatigue, Pneumonia, Bronchitis, Herpes simplex, Sinusitis**, and common **Colds**.

The root of the *Lomatium dissectum* plant is a natural medicine with extensive traditional use by the Native Americans of the Pacific Northwest and Northern Nevada where it grows. It was used primarily for upper **respiratory infections**, although a great many other uses have been noted. When the influenza epidemic hit Northern Nevada in 1918, Ernst Krebs MD of Carson City was surprised to see the local Washoe people recovering, and he inquired as to their medicine. They called it "Toh-sa" or "Do-sa". Dr. Krebs called it Balsamea, due to its biting odor of balsamic resins. Botanists named it *Leptotaenia* dissecta until 1942 when it was renamed *Lomatium dissectum*, a slightly different classification. One of the many Lomatium species is often called "**Biscuit-root**", as the pulp was pounded into cakes. Its large taproot and its kinship with common carrots, also gave it the name "**Indian Carrot**"

### **What is Lomatium dissectum?**

#### **Botany:**

Lomatium dissectum is in the family Apiaceae. A gardener would recognize its umbel-shaped flowers as similar to those of carrots, parsley, dill, and celery. And of course, there are many other non-edible species in this botanical family. Lomatium dissectum has basal leaves which are finely divided, much like those of a carrot plant. Its flowers may be red or yellow, and stand 2 to 3 feet tall. This plant is a perennial, and we do not know how old a plant must be to develop these large roots which are 3 to 6 inches in diameter and up to 2 ft long.

It grows in the semi-arid climates of the Great Basin and Northwest, particularly on steep rocky hillsides where there is little competition from other species. While it seems to grow more prolifically in volcanic soils, it is also found in decomposed granite.

#### **Cultivation and Harvesting:**

Lomatium dissectum plants make approximately 900 seeds per flower umbel each year, with several umbels per plant. The seed has a reputation as being difficult to germinate. Yet recent work has yielded up to 80% germination with fall sowing in situ, under mulch, for spring germination. In an average rainfall year, adequate moisture during the winter and spring is available for seed germination. The seedling does not tolerate transplanting.

While Lomatium in commerce is almost exclusively wildcrafted, we are working with organic herb growers who are able to put some acreage in very long term plantings. Their 4-year-old plants are still a long way from being harvestable. The plant's adaptation to semi-arid growing regions includes summer dormancy when soil moisture is normally inadequate for plant growth. Even when in cultivation with irrigation, this summer dormancy programming is maintained. Thus plants grow slowly from year to year.

There is an appropriate concern about over-harvesting any medicinal herb which is primarily obtained by wildcrafting. It is not considered endangered at the moment, although it is being closely watched. We are therefore very careful to purchase our Lomatium dissectum root extract from a single supplier whose harvesting methods are respectful to the native habitat. Sometimes travelling on horseback to reach remote areas, they take only a small percentage of the plant from any particular area, so that their harvesting makes the least possible impact, aiming for sustainability of the wild growing areas.



These Lomatium dissectum roots were harvested in Northern Nevada from the sagebrush/Juniper zone above 5000' elevation. The silver ruler is 6 inches long. The plant may take 20 years or more to grow to sufficient size to harvest. Due to this slow growth rate and site requirements, it is un-profitable for commercial herb farmers to grow it at this time.

Our responsible plant collectors will take no more than one in twenty in a site with



normal distribution of *Lomatium dissectum* roots. When the area has a lower plant population, they go elsewhere. It is imperative to maintain substantial wild growing regions.



***Lomatium dissectum* grows on steep slopes, here several plants bloom yellow. To the left is the pink flower of Desert Peach. In the background is bitterbrush and sagebrush.**





**Lomatium dissectum leaves resemble those of a carrot or parsley plant. The name "dissectum" refers to finely divided or dissected leaves.**



Here in Northern Nevada, the Lomatium dissectum flowers are dark sulfur yellow, and persist about two weeks in late May or early June.



Poking through bitterbrush's lower branches, Lomatium dissectum  
Sends up flower stalks near Virginia City, Nevada. Local miners in the 30's knew they could harvest and dry a few plants to sell to the pharmacy, in case their claim wasn't showing any silver that month.





A small *Lomatium dissectum* plant in the center of the photo, as we often find it, occurring among sagebrush and widely scattered Junipers. This area varies from 7 to 10 inches of rainfall per year, most of which comes as snow, causing summer dormancy in *Lomatium* species. Only a dry hollow flower stalk will mark this site from midsummer until the next springtime.



This older *Lomatium dissectum* plant sends up many flower stalks, and will probably produce about 800 to 1000 seeds. It is important for plant harvesters to leave seed plants, particularly on the uphill zones. The flat, oval seeds resemble those of dillweed.

## LOMATIUM DISSECTUM

Uses of this Herb

*You should consult your Doctor if you are taking any medication.*

Antibacterial and immune stimulating; for colds, flu, viral sore throats, chronic viral disease, respiratory infections and congestion; antifungal and antiparasitic.

Parts used and where grown

The root of *lomatium* is used medicinally. The plant is native to and continues to grow in the western portion of North America.

In what conditions might *lomatium* be supportive?

### Infection

Historical or traditional use

Native Americans of many tribes employed *lomatium* root to treat a wide variety of infections, particularly those affecting the lungs. *Lomatium* was used, particularly in the southwestern United States, during the influenza pandemic of 1917 with reportedly good results.

Active constituents

Tetronic acids and a glucoside of luteolin appear to be the main antimicrobial agents in *lomatium* root.<sup>1</sup> Little is known about how these compounds act or if other ones might be as important. The resin fraction occasionally causes a whole-body rash in some people. There is not enough information at this time to determine if the resins are necessary for the medicinal action of *lomatium*. Another set of constituents, known as coumarins, may also contribute to the onset of rash.

How much should I take?

Lomatium tincture, extracts with the resins removed (often called lomatium isolates) can be used in the amount of 1–3 ml per day. Lomatium tincture, 1–3 ml three times per day, can also be used, but it may cause a rash in susceptible individuals. The tincture should not be used unless a very small amount of it is first tested for a reaction; however, even very small amounts can cause a reaction in sensitive persons.

Are there any side effects or interactions?

Use of extracts containing the resin can, in some people, cause a whole-body rash. High intakes may also lead to nausea. The safety of lomatium during pregnancy and lactation is unknown and is therefore not recommended.

References: 1. Vanwagenen BC, Cardellina JH. Native American food and medicinal plants. 7. Antimicrobial tetronic acids from *Lomatium dissectum*. *Tetrahedron* 1986;42:1117.  
2. Moore M. *Medicinal Plants of the Pacific West*. Santa Fe: Red Crane Books. 1993:167-71

Used as an infusion, decoction, extract and tincture.

Also called Biscuit Root, Pungent Desert Parsley, Consumption Plant.

*Lomatium dissectum* is a member of the parsley family growing in semi-arid climates in the northwest. Its large root has given it the name "biscuit root."

This plant has traditionally been used to fight many infectious diseases, of both bacterial and viral origin, particularly those of the lungs, such as tuberculosis. *Lomatium* was used in the southwestern United States during the influenza pandemic of 1917 with reportedly good results.

Today, wildcrafted lomatium is a part of many herbal formulas for relieving common colds and the flu. Herbalists use *Lomatium* in the prevention and treatment of upper respiratory tract infections such as asthma and bronchitis.

*Lomatium* is an excellent topical antimicrobial agent, used in periodontal disease as a mouth rinse, as a fomentation or bath for skin infections, and as a douche for *Candida* and *Gardnerella* infections.

*Lomatium* may cause a rash in susceptible people. Small experiemntal doses should be used to make sure that there will be no adverse skin reactions.

## **Lomatium (Desert Parsley)**

### **Lomatium dissectum**



#### **Comments:**

Often called desert parsley, this large perennial umbelliferae is a frequent inhabitant at moderate elevations in the sage brush steppe of the Great Basin area, ranging over at least parts of most western states. In early spring the tuberous root sprouts a large parsley-like plant and sends up slender flower stalks, each supporting a large umbel, reaching to six feet, of reddish brown to purple flowers. The flowers quickly mature to form seeds and then the showy plant dies back and turns brown. The root can be harvested anytime after the plant has died back and range up to 20 pounds in weight, with an average of 5 pounds. Lomatium is a very slow growing plant and under ideal conditions will grow for 20 years or more.

### **Lomatium dissectum**

Medical uses in history from many sources. Each reference below had the book name, page numbers, etc. I erased this for the sake of space. You see many sentences repeated because the same information showed up in many different books.



Note: many of these sources come from medical books that may have condemned the use of herbs instead of drugs. Modern medical authors were not fond of Native Indian Medicines.

This is a look at those that were PRO and CON of this plant after Dr. Krebbs made it famous. Indians being un-civilized were much stronger and had less accumulated toxins, so POWERFUL plants could be used by them while the more civilized person with allot of accumulations may actually detox too quickly using powerful herbs and state that the herb was a poison when they used it.

**Root oil used for sores.**

**Infusion of cut roots taken to increase the appetite.**

**Root oil used for sore eyes.**

**Roots mixed with tobacco and smoked for sinus trouble.**

**Infusion of cut roots taken for tuberculosis.**

**Infusion or decoction of roots taken for arthritis.**

**Shoots used to "change the blood" to adapt to the summer's heat.**

**Poultice of peeled, pounded roots applied to open cuts, sores, boils or bruises.**

**Roots soaked in cold water and used for dandruff.**

**Infusion of roots taken to increase the appetite.**

**Okanagan-Colville Drug (Orthopedic Aid)**

**Poultice of peeled, pounded roots applied to sore backs.**

**Infusion or decoction of roots taken for some general illness.**

**Purple shoots considered poisonous.**

**Mature tops and roots considered poisonous.**

**Strong infusion or decoction of roots considered poisonous.**

## **Okanagan-Colville Drug (Tuberculosis Remedy)**

**Infusion or decoction of roots taken for tuberculosis.**

**Plant tops rubbed on cattle to kill lice. Roots smoked and decoction of roots taken or used as a head wash for head pains.**

**Roots mixed with tobacco and smoked for headaches.**

**Decoction of plant rubbed on the joints for rheumatism and aches.**

**Decoction of roots taken and roots smoked for colds.**

**Root chips thrown on the fire and fumes inhaled or roots sliced, boiled and eaten for colds.**

**Roots mixed with tobacco and smoked for colds.**

**Poultice of roasted roots applied to sores.**

**Decoction of plant rubbed on pimples and sores.**

**Decoction of plant taken to pass water stopped by venereal disease.**

**Plant used for all the common ailments and injuries.**

**Roots smoked and decoction of roots taken or used as a head wash for dizziness.**

**Roots chewed and juice swallowed for sore throats.**

**Infusion of dried root used for colds.**

**Poultice of washed, pounded root used for sprains and as a bone setter for broken bones.**

**Roots pit baked and eaten.**

**Young shoots eaten raw as a relish, alone or with meat.**

**Shoots mixed with balsamroot and featured in the "first roots" ceremony.**

**Root of the young plant roasted and eaten.**

**Roots dug in the early spring, pit cooked until soft, like balsam roots, and used for food.**

**Roots pounded, steeped in water overnight and used to poison fish.**

**Plant used to stupefy fish.**

**Roots smoked for pleasure.**

**Root powder mixed with grease and used as a salve for burns.**

**Dried root powder sprinkled on wounds and sores to aid healing.**

**Dried, crushed root sprinkled on horses' sore or wounds.**

**Thick, fleshy roots split, dried and cooked for food.**

**Roots split, strung, dried and cooked as needed.**

**Pulverized root burned as incense. Root used to make a drink taken as a tonic to help weakened people gain weight.**

**Root used to make a drink taken as a tonic for "people in a weakened condition."**

**Root used to make a drink taken as a tonic for "people in a weakened condition."**

**Root smoke inhaled by horses for distemper.**

**Infusion of dried, powdered roots taken for stomach pains or any internal disorder.**

**Infusion of pulverized stems and leaves taken for stomach pains or any internal disorder.**

**Infusion of dried, powdered roots taken for stomach pains or any internal disorder.**

**Infusion of pulverized stems and leaves taken for stomach pains or any internal disorder.**

**Infusion of dried, powdered roots taken as a tonic.**

**Infusion of pulverized stems and leaves used as a tonic.**

**Poultice of roots applied to wounds, cuts or bruises.**

**Poultice of roots applied to wounds and bruises.**

**Poultice of roots applied to infected, compound fractures.**

**Poultice of roots applied to infected, compound fractures.**

**Poultice of roots applied to foot crushed under the wheel of a wagon.**

**Burning root smoke inhaled by horse for distemper.**

**Decoction of roots taken or steam inhaled for colds.**

**Infusion of roots taken for coughs.**

**Decoction of roots taken or steam inhaled for flu.**

**Decoction of roots taken for colds and flu.**

**Plant used to make a scent for a sick person.**

**Dried roots burned on coals and smoke inhaled for asthma or bronchial troubles.**

**Infusion of roots taken as a tonic.**

**Dried, pounded roots and grease massaged on affected parts.**

**Pounded roots applied as a salve to sore limbs.**

**Infusion of roots used as a wash or poultice applied to cuts and open wounds.**

**Pounded roots applied as a salve to cuts and wounds.**

**Pounded roots applied as a salve to sore limbs.**

**Young sprouts eaten, but poisonous to stock in early spring.**

**Infusion of dried, ground plant mixed with other plants & taken by patients for Mountain Top Chant.**

**Poultice of ground chips given to horses for head trouble and sores.**

**Roots used in a wash for horse ticks and dandruff.**

**Poultice of root applied and decoction of root used as a wash for rheumatism.**

**Compound decoction of root taken for colds.**

**Compound of pulverized roots smoked for colds.**

**Decoction of root taken as a cough remedy.**

**Smashed roots used for sores and swellings.**

**Poultice of root applied and decoction used as a wash for swellings.**

**Poultice of root applied or decoction used as a wash for rashes, cuts or sores.**

**Sap from cut roots or oil from decoction used as a salve on cuts and sores.**

**Root used as "the basis of a number of antiseptics."**



**Compound of roots used as herbal steam for lung or nasal congestion and asthma.**

**Decoction of dried root taken for influenza.**

**Decoction of root and sometimes leaves used as an antiseptic wash for smallpox.**

**Poultice of root applied and decoction used as a wash for sprains.**

**Root used for a wide variety of ailments, usually as a decoction.**

**Compound of roots used as herbal steam for lung congestion.**

**Pulverized roots smoked to clear lungs and nasal passages.**

**Root used in various ways for pneumonia.**

**Compound of roots used as herbal steam for nasal congestion and asthma.**

**Decoction of dried root taken for hayfever, bronchitis and pneumonia.**

**Pulverized roots smoked alone or in compound for asthma.**

**Raw root chewed and decoction of root taken for sore throat.**

**Decoction of roots taken for tuberculosis.**

**Compound of pulverized roots smoked for tuberculosis.**

**Decoction of dried root taken for tuberculosis.**

**Simple or compound decoction of root taken for venereal diseases.**

**Root smoke inhaled by horses for distemper.**

**Poultice of root applied and decoction of root used as a wash for rheumatism.**

**Compound decoction of root taken for colds.**

**Decoction of root taken as a cough remedy.**

**Poultice of root applied and decoction used as a wash for swellings.**

**Sap from cut roots or oil from decoction used as a salve on cuts and sores.**

**Root used as "the basis of a number of antiseptics."**

**Oil of root used for trachoma.**

**Sap from cut roots used as eye drops for trachoma or gonorrheal eye infections.**

**Root oil used as eye drops for "trachoma."**

**Compound of roots used as herbal steam for lung or nasal congestion.**

**Decoction of dried root taken for influenza.**

**Decoction of root and sometimes leaves used as an antiseptic wash for smallpox.**

**Poultice of root applied and decoction used as a wash for sprains.**

**Root used for a wide variety of ailments, usually as a decoction.**

**Compound of roots used as herbal steam for lung congestion.**

**Decoction of dried root taken for pneumonia.**

**Pulverized roots smoked to clear lungs and nasal passages.**

**Compound of roots used as herbal steam for nasal congestion and asthma.**

**Decoction of dried root taken for hayfever and bronchitis.**

**Pulverized roots smoked for asthma.**

**Raw root chewed for sore throat.**

**Compound of pulverized roots smoked for tuberculosis.**

**Decoction of dried root taken for tuberculosis.**

**Simple or compound decoction of root taken for venereal diseases.**

**Smoke from root alone or in compound inhaled by horses for distemper.**

**Poultice of root pulp applied to wounds and bruises.**

**Roots burned in a pan and held beneath the horse's nose for distemper.**

**Decoction of root taken as a cold remedy.**

**Decoction of root taken as a cough remedy.**

**Pulverized root applied as powder to infant's severed umbilical cord.**

**Sap from cut roots or oil from decoction used as a salve on cuts and sores.**

**Compound of roots used as herbal steam for lung or nasal congestion and asthma.**

**Decoction of dried root taken for influenza.**

**Root used for a wide variety of ailments, usually as a decoction.**

**Poultice of fresh root pulp applied to severed umbilical cord.**

**Compound of roots used as herbal steam for lung congestion.**

**Decoction of dried root taken for pneumonia.**

**Pulverized roots smoked to clear lungs and nasal passages.**

**Compound of roots used as herbal steam for nasal congestion and asthma.**

**Decoction of dried root taken for hayfever and bronchitis.**

**Pulverized roots smoked for asthma.**

**Raw root chewed for sore throat.**

**Decoction of dried root taken for tuberculosis.**

**Young shoots used for food.**

**Seeds used for food.**

**Roots boiled to make a drink.**

**Long, young shoots cooked in the spring for greens.**

**Young sprouts eaten, but poisonous to stock in early spring.**

**Plant mixed with brains and used in soft tanning.**

**Dried root chips and Bull Durham used as a friendly smoke.**

**Root used in tanning hides.**

## My Conclusions

One thing is for certain, this native American plant has a long history of uses. It went down in history as the only known cure for the 1918 swine flue that may have been influenced by World War I use of mustard gas that killed 20+ million Americans. It may be a choice herb to use as an anti-germ warfare aid. I would possible use this along with pure oregano oil and a few other choice herbs to have on hand to counter germ warfare that has been going on worldwide off and on since World War I.

The tincture allows this herb to be stored for maybe 100+ years. The dried root slices would be the method the American Indians would have used it and the safer methods. Anytime an herb is dried and especially made into a tea, it loses some of the potency essential oils which allow it to be consumed more safely. A tincture made from the fresh roots is the most powerful in general.

Not all is known or written about tincturing this herb. Much of this herb needs to be dissolved using water and the very few that are selling their tinctures are using almost all alcohol because they don't like the cloudy appearance of the finished product when made more standard of ½ alcohol and ½ water. I believe this is a mistake and their products may be too toxic. It was a pure alcohol extract that I purchased that made me seriously ill after 9 days use. **A pure alcohol extract can be recognized by the clear appearance, I suggest these not be used in any circumstances.**

A proper method to extract this root must have water and the end product will be very cloudy. This represents a "whole extract". In Nature plants have thousands of chemicals and many times these are needed to make the plant non-toxic. When science takes only a few of the plant chemicals and concentrates them and excludes the others, they create a medicine and all medicines have a dose that can kill or it cannot be a patented medicine.

This is why Dr. John R. Christopher always used the whole plant, to do otherwise creates an unbalance. It is surprising that Dr. John R. Christopher did not use this native plant, it is mixed in with all his common herbs that he used from his area. He was also friends with Sitting Bull and fond of Indian medicine. I think because this plant was considered extinct by 1932 that it was not popular or known about outside Indian cultures.

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Note, Desert Parsley is just one of 20+ herbs used around the world for the treatment of the 1918 swine flue epidemic and well known historical herbs known as powerful de-wormers. A well informed person would do their own personally study of all the information they could find on each and every one of the herbs. I took the time with Desert Parsley because I was able to find it after many years of desiring it and being able to travel to where it grows in the wild made it an herb I had great interest in. With the other herbs I have accumulated I have read all of material, but taken the time to make a paper study of all the info.

## A few additional “new” herb pictures

The older material on the website has many herbs we have wild crafted locally around our home. I often use these pictures as fillers between subjects.



Most people have heard of the herb **“HORSE RADISH”**, this is a prime old root! Very few people have any clue that horseradish is a very important anti-cancer herb. Note the Ginkgo tree in the backdrop.





The Ginkgo leaves will be turning color soon, some sources suggest collecting the leaves just as they begin to turn color, I don't agree with their theory. Few people realize the most potent part of the Ginkgo tree is the nuts. In the U.S.A. they try to stop people from possessing Ginkgo trees that are capable of having nuts.



Below the Gingko tree on the ground grows many Comfrey plants....this is the King plant for calcium and rich mineral source and naturally a plant the U.S.A. and most countries hate people to have or know how to use. It is also called Bone knit, because when your bones are busted up, this is the premium herb of choice.

# 2011 Herbal Parasite / Worms formulas

I will attempt in my own words an explanation of each formula. **Keep in mind** that real herbal formulas are expected to stir up the Immune System and the Immune System is expected to expel accumulated waste! This means with real herb use, you can experience most any symptom of expelling waste / disease and depending on your lifetime accumulation / habits; this experience could last for a very long time. Reading **Book I** and learning and applying the orange juice fasting method along with fruit diet will greatly reduce the effects of acidic accumulations being expelled. Learning about **Lower Bowel Balance** and keeping the inorganic minerals out of the kidneys (**Kidney Cleanse**) and entire body allows for normal expulsion of waste with out the harsh side effects of constipation. Constipation can result anywhere in the body, normally called a disease.

## 1.) **P / W** - (**Parasites / Worms**) Syrup / Tincture

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

This is our original de-wormer formula based on the Dr. Hulda Clark famous book formula using Black Walnut Hulls, Cloves and wormwood. I perfected this formula over the years and it has been our number one seller for 12+ years. This formula is for adults and children alike and many have used it for pets, etc. I also suggest no herbal formula is for children, which all parents should first use herbal products until they are familiar with its use and results and only the parents can determine what herbal products are for their children.

If you have ever heard of our de-wormer product in the past 12 years, it has been about this product. My formula uses the famous 3 herb combination of Hulda Clark, along with Olive Leaf, Pumpkin Seeds. Made into a syrup / tincture formula preserved and extracted in Organic Glycerin, Amish made Sorghum Molasses, Amish made raw apple cider vinegar, Grain alcohol & Oregano.

This formula combines herbs known traditionally used for aid for parasites and plant based minerals rich in natural iodine and other minerals not commonly found in modern diet. Most disease / sickness in mammals results from a deficiency in plant minerals. My formulas seek to supply a wide range of these plant based minerals as part of the natural preserving of the herbs. This also aids as a method of de-worming as worms seek the sweetness of the herbs not knowing the sweetness carries the herbs known to aid the human body into the elimination of parasites.

I don't know anyone else that makes this type of complicated herbal formulas that basically supply enough plant minerals to be classified as a cure for all type formula. These formulas are considered herbal foods and often the dose determines the effects.



The larger the dose, the larger the effect. No one knows the proper dose! Each person is self-experimenting with all herbal formulas and basically everything they consume by mouth. Herbs are **not** drugs and are food like substances. With a Syrup / tincture combination, the standard suggested adult dose would be 1 tablespoon per dose taken. The amount of doses would be determined by the consumer. My original theory was to take 1 tablespoon morning and night for 30 days as a treatment, while others over the years have suggested this dose for 6+ months.

I have seen a few people in very sever condition consume 1 quart in a days time and had life changing results. I assume the large mount of plant minerals “fed” their starving systems and because of the black walnut, often they had 6+ bowel movements the next day and that actually was their best value, in that they were suffering from colon issues and starvation.

The number one question with herbal usage is always what dose to cure my problem and that simple explains that the person asking does not understand herbal usage. They do not understand herbs are **not** drugs and those that suggest small doses of their very over priced herbal products are most likely lying about their products in an attempt to con the consumer into believing the high priced herbs are drug like and they never are.....the websites and commercial sources must lie and trick the consumer to make their sales.

Dr. John R. Christopher education is one of the best to learn about herbal usage, his old **original videos** (I have the original ones available) and books are the best. The student will soon learn that the major reason for herbal usage failure is that the consumer took too little and not long enough. Dr. Christopher often suggested to use any herbal product for **9 months** and then determine if the product was still desired and or if the dose is to be lowered or raised to achieve the desired results. Naturally the average consumer does not like the idea of long term use and are attracted to the commercial sources that lie and say to take only a few drops daily and one 2 ounce bottle can de-worm an entire family. Once educated, you can spot the fakes ever so easily with all their lies and tricky websites / forums.

## 2.) **P / W / A** - (**Parasites / Worms / Adult**) Syrup / Tincture

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

This is a remake of our original formula with the addition of what I choose to call, Adult Tinctures. These tinctures are a wide variety of historically used herbs for parasites. I have collected these from many sources, including many countries around the world. I did this because I believe with modern transportation people have spread all their diseases world wide now and what has been historically known to treat swine flue, plagues and syphilis world wide and I have been able to obtain these herbs / fruits I then add to what I call the Adult Tinctures. When ever I learn of another herb / fruit with long historical use and I can acquire it, this formula will grow in number of herbs used. This is a very large assortment of herbs with some of the rarest herbs from around the globe.

Again, herbs are foods, **not** drugs! They should not be toxic like drugs, but if they act upon our Immune System strongly, then as we expel rapidly our accumulated acidic waste (dead parasites), we may feel like we have a sickness as all this waste comes out the channels of elimination. So if a person experiences symptoms they are uncomfortable with, they simply reduce their dosage or stop and allow the body (blood) to catch up and normalize.

Because little is known about such herbs today, because most have long forgotten them or you don't find them being sold today because of the expense of obtaining them, etc. I would suggest such herbs should be restricted to adults only and no need to use strong herbs on any child. In desperate times when life saving methods are sought after the parents should seek professional herbal use if they choose to treat severe sickness. Today there are a few medical doctors that actually do use herbs along with their medical practice, I suggest such a doctor when dealing with children that are risk of life. Keep your herbal use "self-experimental", meaning **ONLY YOU** are the one taking your health into your own hands.

### 3.) **P / W / A A** - (**Parasites / Worms / Adult / Asian**) Syrup /

Tincture

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

The additional **A** stands for **ASIAN**. I use the word Asian to represent **VERY SPICY!** This simply means the formula has cayenne's, extra oregano added to make the formula **very spicy HOT!** I believe that in ancient times the Spice Trade was the medical trade or method used to achieve Longevity.

The spices I use are very concentrated, very hot in flavor and very anti-parasite and very much desired for improved blood circulation. In America, most people are not accustomed to hot spices and object to their flavor, while many Asian people that come to America often have grown up with consuming very hot spicy foods, so I chose to call my hot spicy herbs ; **ASIAN STRENGTH.**

The standard **P / W / A A** formula will be mildly spicy. This formula can be "spiced" up easily. So I can continue to make the formula hotter and hotter for those that like it very spicy! For those liking it hot, I can call the formulas **I, II, III, IV, V.** With the same theory I can spice up any liquid formula we make and the spicier I make it, the stronger it will act. Contact Jody and she can take a custom order by you telling her to make your preferred liquid formula **Asian- I, II, III, IV, V.**



#### 4.) **P / W / A / T** - (**Parasites / Worms / Adult / Tincture**)

**4 ounce** glass amber dropper bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up to 8 ounce refill size.

Tinctures are basically grain alcohol extracts. The dry grain alcohol absorbs the minerals / chemicals out of the plants and has a very strong and usually nasty taste. All of the bad companies of today use electronics to extract their tinctures in a very rapid method that produces a finished product in minutes. The original methods needed a minimum of 14 days and I suggest the very best extracts need to set for 12 years. I also suggest the electronic made herbal liquids of today's market are nothing but trash products.

My Syrup / Tincture formulas use the original base tinctures along with concentrated syrup of the same herbs and natural minerals. I have always preferred this method and I am basically the only one that makes herbal formulas this way, because it takes a large amount of time and more rare ingredients that fast / commercial sources are not going to take the time or expense to make.

Some prefer the strong taste and small dose of tinctures. Normally tinctures always come in glass dropper bottles with a standard dose being 15 drops to 1 full dropper. The more homeopathic types will suggest 1-3 drops per dose as a method to just "stimulate" the immune system. Herbs like Desert Parsley and other very potent extracts often have a MAXIMUM dose of just 1-3 drops. Some people will put the drops directly under the tongue and chew and mix saliva with them before swallowing to get maximum effect. The original Indian method would be to chew your herbs and then spit out the remaining material, so chewing your herbs in your mouth mixing them with saliva mimics the most natural way.

Others will mix the drops with a glass of water or juice, or simply drink a glass of liquid after putting the dropper in the mouth and again, the amount of doses is determined by the consumer; there never will be a "known" dosage for herbs, all dosages are just "made up" based on one person's preferred dose. The bad companies lye the most, because the consumer is very money conscious and likes reading that the small bottles will last them a very long time, even if they get zero results from the wrong made formulas and false information on dosage.

I suggest all humans should keep a few bottles of **LOBELIA** tincture on hand. Lobelia is the only herb I know of that can aid a person that is having a reaction to anything they consumed by mouth that restricts their breathing. This can be a food, an herbal product, drug product or most anything they swallowed that the throat was irritated by and reacts by swelling and restricting passage. This is a natural response by the body and also a scary response. **Lobelia** will relax and act like an anti-dote. Dr. John R. Christopher wrote more in his books about Lobelia than any other herb and suggested it be used in small quantity in every liquid formula. Naturally in some European countries they will

reject and send back boxes imported that have a product with lobelia in it, even though **Lobelia** is the number one herb to be used in countries like England and other places where lung issues are common from the weather. Lobelia is one of the most important herbs for lung congestion when properly used.

The **P / W / T** formula I would suggest 1 dropper doses. A dropper always is the amount that the black rubber bulb picks up into the glass dropper, which is normally about ½ up the glass tube. This could be taken as little or as often as desired. This is a powerful tasting tincture. This formula could also be made with the theory of **Asian Hot Spices** for those that can handle very spicy formula. Currently I do not make this option, but easily can for a custom order.

## **I will insert an earlier file on adult parasite tincture:**

The same information may seem repetitive and hopefully not become too boring to read over. Each time I write about parasites, hopefully I will be able to add a little new information or pictures.

# COUNTRY BASKETS & *SPICES*

## MONTHLY NEWSLETTER

October / 2009 Number 8

### PARASITES



All creatures that suck the life from human cells are parasites. These can be huge worms visible with the eye, or the smallest of worms or bacteria that all do harm to human health. There therefore are no beneficial parasites as far as this paper is concerned. Friendly bacteria are not harmed by herbs, because the blood is benefited by the plant minerals / chemicals and the chemicals the blood makes are the chemicals the blood uses to rid the body of parasites...so in no way can parasites become “immune” to the use of herbs, because after all, the herbs are just foods... The parasites that can hide from the blood are the deadliest. These are found under dental work, in dead teeth, in dead bones, artificial man made joints, stitches, scars and cyst / tumors where blood does not flow freely.

Because these parasites can hide, their hiding places will have to be removed or dealt with as best the person wants to accept. The use of deadly frequencies, poisons, etc...can not kill these parasites that have hiding places; simply because as soon as you kill them, fungus appears to eat them and as soon as your poisons wear off, their eggs will hatch and once again have just as many or more parasites due to the fact your toxic method harmed your natural Immune Systems.

Those constantly supplying the body huge amounts of new parasites with every meal or every breath of air, will accordingly struggle to get parasites under control.

Almost all sources ignore true parasites. If anything, they consist of info on intestinal parasites or common known parasites like ring worm, pin worms, Candida, infections, flue bug, etc...almost none today speaks of Syphilis, West Nile, HIV, Lymes, etc. because their toxic methods never work and people do not want to hear that their bones and cells are loaded with micro scopic worms and bacteria that are munching 24 / 7 from birth to death.

Products do not exist that aid the body in attacking such parasite infestations because when you seek to kill these parasites, the die off effects may be felt in every bone in your body or result in expelling most any disease known to man kind. People do not like the idea of feeling sickly, even if it means their Immune System is being empowered and is able to start expelling the parasites and their waste.

No matter how small a parasite may be and Royal Rife proved they can be so small that even at 75,000 X, they seem to be endless; that as you kill the parasite, another one appears if you can produce a large enough microscope to see it. The living parasite expels waste and within its waste, bacteria live... As far as science knows, parasites are unlimited. In Nature, God created such a system, so it would keep this earth cleansed of dead matter. So what ever lived, will be dissolved and turned back to the earth.

The BIG PROBLEM most refuse to understand or accept is that humans depend on friendly bacteria. Some such as Dr. John R. Christopher teaches that humans are up to 85% bacteria and these bacteria are the garbage men of the human cells and with out them, we would die in our own waste in just minutes. YET, these same friendly bacteria when over fed and not provided enough oxygen will in fact mutate into bad bacteria and then become parasites towards the human body. Some authors suggest there is only one true bacteria and all other bacteria are mutants based on food and oxygen sources.

The bacteria balance means that all drug use will fail, all use of toxic methods will fail, because toxic methods directly harm all they come into contact with. This proves only herbs / foods are man's true medicines and all toxic substances made by man are anti-longevity. The use of all vitamins, all drugs, all metals, all unknown toxic substances will shorten the life span of those taking poisons.

Our air is toxic, commercial foods are generally toxic if they are preserved or cooked. All dental work is toxic and our teeth can become the most toxic source in the average

human's life time. Our drinks are generally toxic to some degree or otherwise harmful to the body.

Humans must adapt to their toxic environment, those that don't; will not thrive. Their bodies will fight for its existence. Parasites are waiting for each human to become weak and attack more and more ground until they can bring the mighty human down to death. Parasites are not known to be stupid, but rather organized and creative in their existence to be able to use their human host.

There are well over 20,000 known human parasites and the list will grow as more and more powerful microscopes are invented and as the earth becomes more toxic. There will never be a man made synthetic product that can aid in human health; all such products have one thing in common, their manufacturer lies about the benefits of the products and they always have a new product to introduce after their sales drop and they decide to drop the failed product. If you have health supplements in your possession that have vitamins listed, magnesium, silica, cellulose or some inorganic rock minerals, then you have not only a worthless product, but one that may clog your cells and harm your health. Always use real foods such as fresh fruits and or herbs that you understand their use for your health and well being. Your herbs should always be whole herbs of the proper source and never standardized or concentrated. Only Nature understands herbs and their connection with humans. No man can improve upon an herb's benefits by concentrating the chemicals and by doing so, they are only making toxic drugs from the plants.

Some common toxic methods include the use of all metals, such as silver and gold. Solvents of all kinds are very bad. Vitamins are not vitamins, but toxic waste chemicals / rock minerals. Drugs can't be drugs unless they are toxic. Drinking urine and all such unnatural methods are very toxic and senseless. Taking man made iodine is consuming poisons. All fortified foods are in general made toxic with waste chemicals. Milk and dairy are toxic, no human can digest dairy products at any age. Eating dead meats not only is harmful, but loaded with parasites. Second hand minerals and foods of all kinds is worthless foods. It is a fact as the bible states, human foods are fruits of the tree / vine and herbs of the tree and land. These foods are blood cleansers and their plant based minerals and chemicals supply the nourishment needed to build powerful bodies.

The common mistake is blaming proper foods for the lifelong bad habits. Proper foods enable the human body to start expelling the accumulated waste of a lifetime and this usually means illness and weakness as the body cleanses house and people blame their illnesses on the fruit use, while the opposite is true.

The use of pH paper proves the above facts. The bad foods and your bad habits will result in a low pH and shortened lifespan. Reading thousands of bad books and taking hundreds of toxic products will only prove your education and habits are wrong. Nature is perfect and never changing, the human diet will remain fruits of the trees and vines for ever and no amount of lying authors will ever prove otherwise, because pH paper will prove their lies. So the above subjects are not worth spending thousands of papers defending against



all the lying authors and ill humans that will attempt to defend their diets and habits. God created a human to live on earth and the original design has not changed, the facts remain the same. Man has sinned in every way possible on earth and adapted to their sins, but that does not change Nature.

Humans have choice. They can eat, drink and consume anything they desire and abuse their body in all the ways imaginable. That is their choice. They are born one on one with God and walk all their days with God and to God they will answer and not to man. The wise man learns from his ancestors. The oldest known authors stated humans live best on the fruits of the tree and vine...modern science proves these facts. The human stomach proves these facts and the use of pH paper verifies it for the common man.

Herbs are not miracle substances. They can not correct your dental metals, your toxic water, your toxic foods or your toxic air. They can supplement your poor diet. They can be used to aid the body with plant minerals and chemicals that the blood stream can make use of. The stomach, liver and many organs including the skin can all be improved with better diet. Stomach acid is what dissolves the body away daily through out life... This is caused by improper diet and all such conditions supplies unlimited foods for parasites. Nature attempts to provide for a long and healthy life, despite our worse habits.

For many, they can go 40 years and not be sick, while for others; they will struggle from birth till death. Each human has their own degree of sickness. Each human based on their stomach and liver health will experience different degrees while attempting to cleanse their body of harmful parasites. Some people are so toxic, they can't stand another toxin in their body and in the same, they can't stand to cleanse even a day without becoming seriously ill....they are in terrible shape. While others will feel better the very day they start cleansing! On the extreme, some elderly people may be so loaded with parasites, that if they are not wise, they actually can die in their own waste. Their body may be so overwhelmed with parasites that their own cells will collapse when they are clogged and unable to breathe with all the accumulated waste.

As far as this paper is concerned, the following will be considered for men only! Not because the herbs are toxic, but because the herbs are not for those that are pregnant or wanting to become pregnant. Again, not because of the herbs, but because of the dying parasites and the problems that could impose for pregnant women or those in the process of becoming pregnant. So only men that are well experienced with their own self applied-health and extreme experimental use of herbs are suggested to read beyond this point.

Knowing that these herbal products have never been tried before as made. They are based on past known use of herbs, but no human has tried these as of the time of this paper is being made. This paper will attempt to only be a guide and it is expected that each use of these herbs can end in different degrees of results for each experimental use. Naturally it is the desire of the writer that these herbs perform better than at anytime in their historical use and amazing results be experienced.

## The Herbal Products

The entire body can have parasites, heavy metals and stone accumulations. They can be in every tissue. The body as a whole has to be considered when attempting to reduce the load of these toxins. The products used will have to be herbs that aid in the killing of parasites and dissolving and expelling of their waste. The body is constantly seeking to expel heavy metals and as the kidneys and elimination organs lose functions, these metals clog the cells and work their way out through the skin and hair over a lifetime. As the battle is lost, the lime, iron and host of inorganic minerals accumulate in the bones and tissues. The more circulation loss due to accumulations only creates an environment that is favorable for parasites.

## Circulation is King

We “age” as a result of loss of circulation. Many people try to exercise to keep circulation; which is good, but if their diet has heavy metals and inorganic minerals then their elimination organs are going to fail as they clog up. Acids irritate the human cells and the membranes produce mucus for protection. The acidic a person becomes, the more mucus they will have that torments their daily life. The mucus supplies a huge source of food for parasites. Parasites, heavy metals and inorganic minerals all are foundational sources for mucus production.

People who *refuse* to reduce their “foundational” sources for their toxic load are wasting their time attempting to obtain better health or even slow down their illness. As long as they are producing parasites and consuming heavy metals and inorganic minerals faster than their body can remove them, they have no choice but to lose their circulation and age according to the degree of their toxicity.

Some of these sources:

All dental work, dead teeth, infections.

Water / drinks that are loaded with chemicals / metals.

Food, all wrong foods forces the stomach to create irritating acids.

Air, toxic air affects us with each breath. We are only as healthy as our next breath of air.

Sunshine. Those lacking sunshine will not make the chemicals that are real true human vitamins. Sunshine on the bare skin kills fungus, those lacking sunshine will lack health.

Mental health. Those that do not enjoy life daily will produce a body according to their thoughts. If they are mentally miserable, they will create an ill body. Without sunshine, they will live a life of gloom and doom. People who do not love God their father always have a miserable existence on earth and can not find satisfaction in any relationship and their misery will cause their body to fail. Those that depend on others for happiness do

not know true happiness and joy. All humans will fail and not be able to supply all the needs of another. True peace only comes from the love for God.

### Life

Life can be as simple as following nature or as complicated as following the world. Most all humans follow the civilized world. To follow nature a person must live where it never gets colder than 60 degrees and the fruits of the tree are plentiful and no need for manufactured clothing or needs.....but even then; our environment is polluted from chemical bombs of the past, frequencies, air planes and world wide manufacturing of unnatural products that pollute the earth. In water alone some authors suggest 70,000+ unnatural chemicals that are harmful to human health.

This simply means people are not obeying nature and nature always seeks to remove the non-perfect of each of God's creations as a way to preserve those best suited to live on earth.

Modern science in the past 150 years has created more and more unnatural chemicals for human health that has only created more ill health world wide, with each effort they take, they produce the future plagues. The ancient authors predicted this and called this following the "world" and ignoring God. The worldly people seek more of man's education and denial of nature.

### The Solution

The solution is not denying toxins and taking a few herbs in an attempt to reverse a lifetime of toxic living. If a person wants to Live Well, they will need to examine their entire life, dating back and considering their mother's health and their grandmother's health, etc...because we today, are a result of our relative's sins against nature. Consider our past with our current and pondering our future enables a person to make better decisions.

If the person is only interested in their next welfare check, their next high and seeks unnatural excitement regardless the consequences; it is too late for them. Evil influences from the Spiritual world are like hungry lions waiting for humans to become sickly or as the ancient authors wrote; "worldly" and against God.

In nature, maybe 1 out of 1,000 fish eggs will live long enough to become an adult and reproduce. With humans, the lifespan reduces each year and as people become more and more worldly, they have become more predators and seek to reduce the populations via abortions, chemical and electronic warfare, etc... To Live Well, a human today must be "aware" of their environment and surroundings and seek to obey Nature. Those seeking the world are taking the wide road to destruction in so many ways. The narrow road of Nature is easier than ever before, but people choose the easy path of the world and work less and less each generation.

- The solution is “simplification” of life. Eat to live and not live to eat!

The great past doctors wrote that it is not what you can consume for your health, but what you don’t consume. They wrote that their jobs were to counter the effects of what people ate for their foods and their drinks.

The current doctors have been trained by a world that seeks de-population and control. Their systems seek to harm the babies and children, knowing their parents will be controlled once their children are too sick for them to help and turn control over to the organized medical systems. With each generation this will only become worse and the desire to control all humans too great for the truly evil people. With each day, people will find it harder to obey nature. The ancient authors stated that as long as your addicted to money, you will obey and follow those that make it and this is the worldly trap all civilized humans have succumbed to in current times. Those seeking life, will have no joy in working to accumulate objects and bank accounts. Life comes from watching nature and finding contentment in all God has provided.

The true solution; trusting God. Accepting God’s path for each human and trusting “all” is in his 100% total control. Allow your self to be guided by God and nothing wrong can happen. God designed humans to consume fruits of the trees in their proper season. Each season having their proper color. Living in the open air and experiencing nature upon the skin provides proper circulation and oxygenated cells.

It is a fact; our ill health is a result from disobeying God’s design. All our efforts to live on earth are ways to try to cheat nature her due course of removing us from existence. Luckily for us, nature is very forgiving and once a human starts to Obey God and Love God and Trust God; then life turns around and we stop dieing daily and start living daily. So the true solution actually is: OBEY / LOVE / TRUST. No man can guide his destiny, he will accelerate speed when he takes the correct course. Sadly for most of us, our public and family education prepared us to fight life and not go with life.

The above subjects have been covered by thousands of authors for generations. Reading their books and making your own decisions is your path if you choose, or the wise ones will simply trust God as each day comes. No one can ad another moment of life; no more than they had control to be born.

“The Parasite Kit is just a method to aid in the removal of accumulated things that have reduced our circulation and reduced our ability to enjoy life.”

Many Blessings,  
The “*Barefoot*” Herbalist, M.H.  
The founder of The School of “*Self-Applied*” Prevention

## Suggested Steps

### 1. Help the elimination organs.

- a. Kidneys
- b. Colon
- c. Liver
- d. Pancreas
- e. Arteries
- f. Veins
- g. Nerves
- h. Feet
- i. Skin
- j. Lymph glands, etc...

Once the elimination organs are functioning, then they can begin to eliminate the accumulated waste and parasites.

### 2. Empower the blood.

The blood stream is our life. Our blood creates the human body and maintains it. Humans are created with an essential relationship with plants. The human organism has a desire to make use of the minerals the earth is made of. The law of God demands these earth minerals first be dissolved by many years of earth bacteria that break these minerals into usable size for the trees and plants. The root bark of the tree and plants only allows the proper size mineral to enter and the tree/herb converts these minerals over time into plant minerals, also known as “organic” or useable human minerals.

Humans need balance. When the mammals or for that matter, all living creations of God lack their essential minerals, they will have ill health. This is God’s design to keep each specie in its proper location and habitat. Humans have circled the earth and left their perfect habitats and sought supplement and obtain balance ever since. Each zoo and farmer knows this very well, all that lack their proper minerals will lack Longevity.

Human blood needs a huge assortment of plant minerals for daily functions and none of these minerals had better be accumulated; or they will then become a food source for parasites. The human body must use and eliminate everything that enters it. It is scientific fact that all cells multiply not based on the foods consumed, but the air consumed. Food (plant minerals) are only catalyst for bodily functions and not used to create cells. The “parent” cells determine the appearance and design of the human body. The blood stream delivers the oxygen and fluids needed to flush away the daily waste from the human cells.

OXYGEN in its perfect state is the most essential aliment of life. Proper breathing and movement must be done so that every part of the human body is used every day. That which is not used, will die.

Herbs supply the plant minerals often not found in the normal human diet. These plant minerals are then converted and used by the blood stream to kill and eliminate parasites, dissolve rocks and expel heavy metals. It is the Blood that does the miracle of life, not the plants and their minerals, they are dead once they have been picked from their parent plant.



Once the elimination organs and blood stream are working properly in the correct direction, it is as simple as:

## WEED & FEED

Can it be any harder than this? After all, the human body is God's perfect design for his perfect universe. The cells are created to reproduce perfectly forever when "allowed" to. By design, the human body should never be ill. Illness is only a result of accumulations and parasites. Eliminate the accumulations and restore the circulation and the human body is "eternal" by design.

We can not reverse what our past 7 generations of our personal family has done. We can how ever break their chains and start a path obeying nature. I say start, because none will return to nature. None will live in the open air, consume the fruits that God provides free in the lands designed to provide eternal life. None will sleep on the earth and never wear clothing again. None will stop working and live a playful life with no binding chains as the carefree children of God. Medical authors of 200 years ago stated no free humans are left on earth. Some native tribes have been recorded as living free, but their perverted ways have them killing and eating most anything they can. The author of what I call Book I makes mention of a tribe in South America that never die a natural death. After years of study it was concluded that their natural diet of wild pineapple was their main reason for eternal life. Studies showed that these people have NO LEAD or heavy metals in their body and the consumption of "wild" pineapple enabled their blood to be this clean. Other studies have shown a diet of wild coconut has resulted in similar results. In fact, many people use to live long lives when their diet was simple and they could not preserve their foods with refrigeration or salt, etc.

- The best we can do today is seek a better way and try to make improvements and always know, we are a result of our own efforts.

There are no mysteries in human health. Medical science creates the mysteries and often are the sources of the mysteries that kill us.

Weed – Herbs air in this.

Feed- Fresh tree and vine fruits are our true foods.

Clean air & exercise, such as no work and play all day! Those that seek to enslave us seek to force us to work for \$\$\$\$\$. The free human only seeks nature and sadly civilization seeks to destroy the free. "YOU" know your toxic level based on your family, your diet, your work, your home, your mental state, etc....you and only you know how toxic you are. You are the ONLY ONE that can help your self. When you die, simply say you did it "your way". Don't try to change others, because not one is obeying nature, no one is worthy to be a teacher. Trust God and his perfect design.



### **Parasite Kit**

This is an extremely “unique” kit designed to treat the entire human body. The word parasite covers every creature small and large that damages the human body in some manner. Most will find it too complicated, too much effort needed or too expensive. This kit is designed for the males that are into Extreme *Self-Applied* Prevention using hand made unique herbal formulas. So unique, often they are the first few to every try the products. Some products may be tried by less than 100 people world wide, others less than a dozen people, world wide...With more and more regulations and border checking, this kit will not be sent outside the U.S.A.



**The Kit consist of 12 bottles.**  
 (1 bottle missing in this picture)

To explain each herb chosen adequately one could write 5 pages per herb and come up with a very large book. I don't have the time for this and those with interest can do an internet search for each herb and get a dozen websites and their theories of each herb. Many of the herbs have been wild crafted on this location and some herbs chosen are from other countries.

This kit is basically a conclusion of all I have learned in the past 20 years and already, I have 2 more herbs in process that I will be adding to the Parasite Tincture. Each year I learn more and incorporate this into the herbal formulas.

I consider this a full blown Parasite Kit comparable to nothing you can find for sale in the herbal world. This kit is not created out of the desire to make \$\$, but out of 20 years of self experience and listening to what others have had to say with the herbal products. I use to buy every parasite book I could obtain and believe the only solution is the consumption of herbs and obeying nature. This kit could be "reduced", but for this introduction I have included the best of the best as I would use for myself. This kit is not thrown together, but a result of understanding human health.



## **(1). Lower Bowel Balance Capsules**

For optimum results: Take 2 capsules 3 times a day. Then increase if needed. Separate usage from other formulas by approximately 30 minutes.

### **TRADITIONAL AILMENTS TREATED:**

Dr. Christopher believed that most diseases started by the accumulation of impurities in the lower bowel, there are too many ailments to list which can be treated by cleansing the lower bowel with this formula.

This is one of Dr. John R. Christopher's most famous and popular formulas. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body. This formula consists of Cascara Sagrada Bark, Barberry bark, Cayenne Pepper, Ginger Root, Lobelia Herb, Red Raspberry leaves, Turkey Rhubarb Root, Fennel Seeds, Olive Leaf and Goldenseal Root. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), most cases will start with two numbers "00" capsules three times a day, and then regulate the dosage from there. If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very

difficult cases, one could take even up to 40 of these capsules a day, for these herbs are only food and can do no damage). After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been “stored” in the bowel for many years that re breaking loose and soaking up intestinal liquids), one can gradually decrease but do not taper off the Lower Bowel Formula dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working. It will take six to nine months with the aid of the Lower Bowel Formula for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own.

Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being assimilated—because of this putrefied condition, most people engorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste an inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

All encapsulated products are in a pure 100% vegetable based capsule.

This product should be started as soon as the Parasite kit arrives. The better the elimination organs are working, the easier the body can remove the parasites and accumulated toxins. The LBB comes in 150ct and 550ct count bottles. I suggest no less than one 550ct bottle per year until perfect diet and health has been achieved and then the elimination organs will not need herbal supplementation.



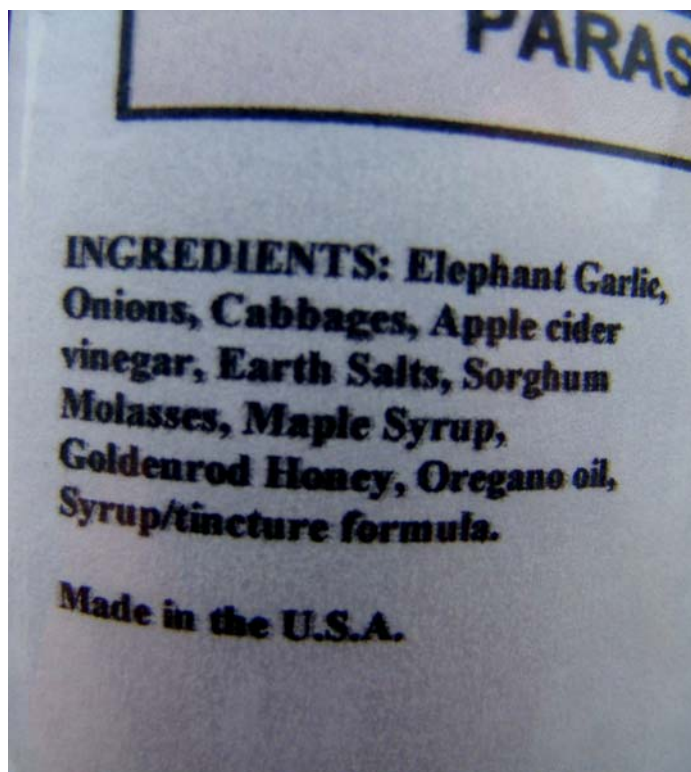


## **(2). Liver / Gallbladder Cleanse**

This is an original “Barefoot” Herbalist Formula. Based on the theory that life dissolves like. Medically they have used soybean lecithin in the treatment of Liver Gallbladder Stone attack for 60+ years. A naturopathic doctor and medical doctor desired to cure the doctor’s daughter of MS and believed 1 tablespoon of lecithin daily for prevention and 3 tablespoons for treatment.

Human lecithin allows the arteries and veins unrestricted flow of blood. The brain is said to be 50% lecithin and our nerves protected by a sheathing of lecithin. Plant lecithin/fats supply the building blocks that the liver can assimilate and make the human lecithin to replace the used or worn out lecithin; often referred to as “cholesterol”.

I personally believe plant fats to be the most neglected part of the human diet. Consuming plant fats on a daily basis keeps the circulation channels clean of used cholesterol / gallstones (mud). In my theory, this is the “REAL” Liver Cleanse and eliminates the liver flush methods.



### (3). Parasite “Lure”

This is an original “Barefoot” Herbalist Formula. This formula was made specifically for the Parasite Kit. Most people won’t like the idea of the name chosen.....yet, this theory dates back in herbal history.

The large worms do not like to die. They often can travel easily through out the human body either in the blood stream or like worms crawling through the tunnels they have build for them selves or by just simply eating their way around as desired. As gross as this sounds, if a person is to study human parasites, they will see how and why certain parasites travel freely in the body. Some sensitive or heavily infested people can actually feel their worms crawling within them.

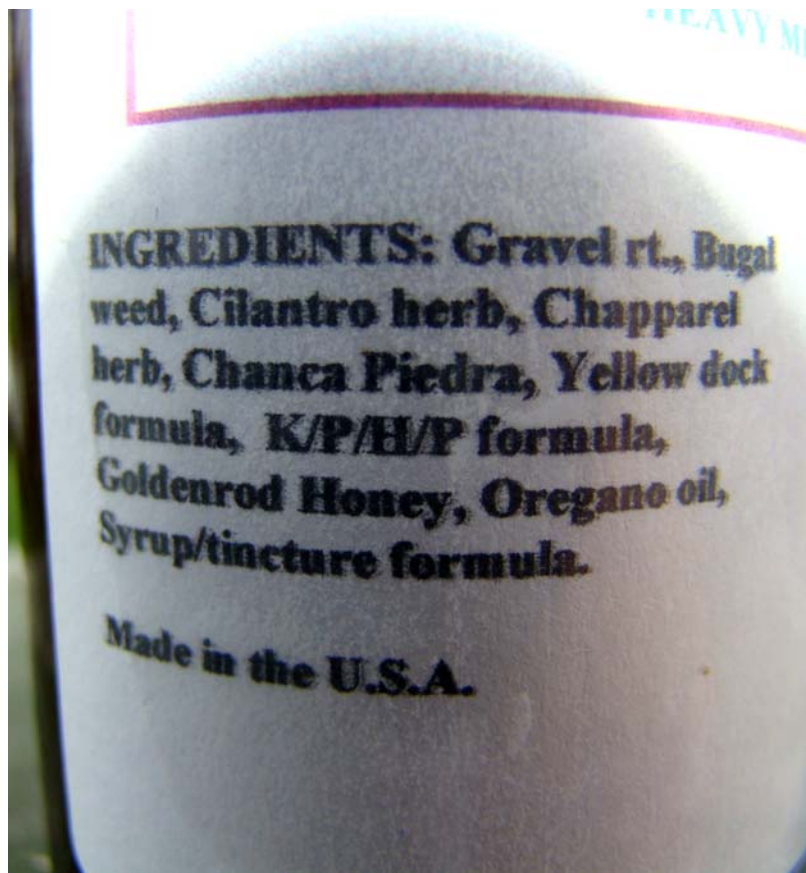
This product is not only functional as a “Lure” to attract the large or intestinal worms, but also acts as a herbal formula to kill them and supply herbal minerals for nutrition. This product could have been left out of the Parasite Kit, but for this first offering of the kit, the Full Blown Maxed Out theory is being shown. I doubt anyone on earth has as much interest in human parasites as I do. I do not like being “what’s for supper”. I grew up a farm boy that learned how to hunt and trap the varmints and to me, I have more interest in Parasites than I ever had in ground hogs, skunks, rabbits, rats, sparrows, fox, snakes etc. Those bard yard critters never hurt me personally, while these Parasites have no problem destroying our lives and loved ones health.



#### (4). Heavy Metal / Stone Breaker

This is an original “Barefoot” Herbalist Formula. Some of the most effective herbs in human health are the “Stone” herbs. Herbs traditionally used to aid the body in dissolving the in-organic stones that accumulate in the Kidneys, Pancreas, Prostrate, Joints, Flesh, Lymph Glands, Veins, Ducts, Bladders, Saliva ducts, etc. In addition to dissolving the stones, herbs known to aid in the removal of the accumulated Heavy Metals are most essential. The entire body struggles to remove these accumulated toxins that attracts fungus and causes loss of circulation. These bottles all contain the same herbs. They vary in their formula and function which I will show in the next pages.





## **4 ounce Tincture**

A blend of the best Kidney, Pancreas, Heart and Prostrate herbs, with the best known Heavy Metal herbal aids. Taken by the drops or dropper this is the best of the best cold tinctured herbs from the herbal kingdom known to aid the human blood system to eliminate the in-organic rock like metals/minerals.

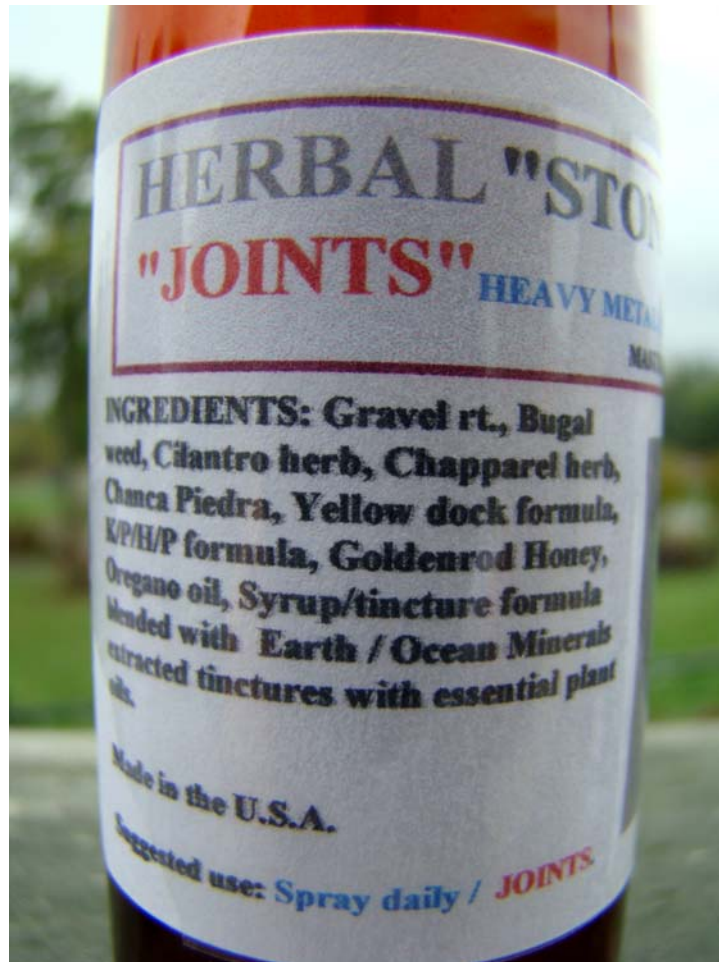
This base Tincture formula is then used to make the Tran dermal Skin Sprays.



## 8 ounce Herbal Spray

Based on the internal tinctures, this large spray in theory is for the entire body. After the shower / bath or anytime you can spray any part or your whole body. This Spray should be “mild” enough for most places on the body, but you might avoid the eyes and tender areas until your sure of the results you will personally feel.

Our elimination organs fail at an early age in life and our skin comes to the rescue. Our hair, finger nails, skin etc. can be tested and found to be loaded with the heavy metals that plague the human cells. I personally believe we need total body care when dealing with the in-organic accumulations that plague the cells and attract fungus. Our skin, hair and appearance can not be as good as it can be, when it is maxed out with such metals and waste.



## 4 ounce Herbal Spray

Based on the Body Spray Formula, only with added strength of the same formula. Stronger for the joints, hips, knees, spine and once accepted as a friendly product, many will use it anywhere it hurts or as desired.

Many people by age 50 have loss their ability to expel the toxins in their blood stream due to many various reasons such as mid life changes, operations, etc. and these accumulations are stored in the extremities known as “arthritis”. These accumulated waste attach into the bones and as the body seeks to dissolve and eliminate these accumulations, often it will attack the bones them selves. Keeping these waste eliminated through clean Kidneys is essential.

I personally believe distilling the water source, avoiding all vitamins, drugs and inorganic rock minerals is essential for Kidney Health and we can only be as healthy as our Kidneys are. 100% of all dental metals / toxins must be removed if one is to have a chance of removing the toxic load from the cells.





## 2 ounce Herbal Spray

Based on the herbal formula with allot extra of the Hot / Spicy Herbs. The Spices that cause blood circulation are beneficial in keeping the blood thin and moving the waste out to the elimination channels. Sweating is one of my personal favorite ways to cleanse the skin daily.

Our feet are our 4<sup>th</sup> largest elimination organs; they should be free of socks and shoes as often as possible and have contact with the bare earth for proper health and elimination. Spraying them with Spicy Herbs will increase their action of elimination. Often deep cleansing will result in toxins being expelled on the bottoms of the feet and between the toes and is to be expected, it is their job. If the under arms smell, then the feet are clogged up or over worked.

## **Suggested Doses:**

### **(1). Lower Bowel Balance Capsules**

**1-2 with each meal, minimum 6 daily or more as needed.**

### **(2). Liver / Gallbladder Cleanse**

**1 ounce shot glass full daily (16 day supply).**

**Best at bedtime.**

### **(3). Parasite “Lure”**

**1 ounce shot glass full daily (16 day supply).**

**Best after your evening meal.**

### **(4). Heavy Metal / Stone Breaker**

**a. Tincture dropper bottle: 1 dropper morning and night minimum. Through out the day if desired.**

**b. Body 8 ounce Spray: Spray entire body down prior to bed and anytime after a shower or bath and as often as desired.**

**c. Joint 4 ounce Spray: Spray joints prior to bed and anytime after a shower or bath and as often as desired.**

**d. Feet 2 ounce Spray: Spray bottoms of both feet upon wakening and anytime after a shower or bath and as often as desired.**

These first 4 steps are to stimulate the elimination organs to function better. Once these are “cleansing” and not “clogged”, the body is more able to start attacking the actual Parasites! The ones that didn’t easily die during the initial herbs. I will list a few of the Parasites I believe are very troublesome in human health:

**Worms in:** the Pancreas, Brain, Tumors. The Eggs! Especially the eggs protected by calcium shells. The Parasites that hide and travel in the none blood fluids such as saliva, tear ducts, membranes, etc. All Parasites that live in/on the Mucus secretions of the body.

Scars! Parasites will hide anyplace there is no blood and the less the oxygen the more toxic these Parasites can develop. All operations that the flesh and bones did not restore 100% to their original use. All cracked ribs, bones and places in the body that have been damaged and never 100% were restored to perfect design.

All dental work, including pulled teeth cause a host of long term problems. The poisons used to numb the tissues in all operations and drug use for infections and the such; all to some degree harm the organs that then allows parasites more freedom.

**Bacteria / Fungus:** Only clean functioning blood can maintain and balance these. Our very life depends on the Friendly Bacteria and often Fungus is eating the waste that has clogged the body. A very delicate balance that only the blood stream intelligence can manage controls this. Our human cells depend upon friendly Bacteria to cleanse our cells and with out these “Garbage” men, we would suffocate in our own waste in just minutes. Never should drugs, poisons, radiation, frequencies be applied to the human body because of the massive damage done to the bacteria / fungus. Their sudden death could result in a massive flood of waste that could not be removed swiftly enough and only supply an abundance of food for new Bacteria / Fungus that multiply as rapid as they have been killed.

The deadliest worms are the little bone and flesh eaters, so microscopic they can’t be seen with the human eyes. It seems that these little cork-screw type worms have been a plague on humans world wide for at least 300 years. Eating the bones and when out of control, they enter the flesh and consume it. They go by numerous “unpopular” names such as Syphilis, West Nile, Lymes disease, etc... It makes no difference how many times they have mutated and been renamed after many doctors to give them a new name, these are the creatures that no one in current times seems to have any cure for. They have “toxic” treatments that knock the little creatures down and harms all the organs of the body as well, just setting the patient up for future out breaks that will be given even more exotic un-curable disease names.

There are several reasons why there is no success in treating these plagues. Most of all, killing them makes a person sometimes ache and feel like they need to lay in bed for days as the body fights these creatures and eliminates them from the deepest parts of the bones. Even more, those that have had success, state it takes 9-12 months of daily herbs to succeed in this battle. What I see as a problem with the few that have had success, their therapies fail to treat the colon, the kidneys, the skin and the elimination organs and body as a whole; instead, these herbalist or oriental doctors only seem to seek to use the powerful herbs that kill the worms / bacteria / fungus and they fail to aid the body in this massive clean up job.

In my theory, we attempt to help the entire body. Give it the tools it needs to do the best job and if it can’t succeed in the first year, expect that each year the body will become stronger and stronger and more parasite resistant.

That is the Goal of this Parasite Kit, to bring attention to the real problem and takes steps to empower the human body to become more “RESISTANT”.

- Clean the pipes, flush out the waste and supply the proper nutrition and allow time for the cells to rebuild a new body. That is another major problem the herbalist and doctors often ignore, their formulas concentrate on the strong herbs

and they don't supply the patient the essential minerals they are not getting in their daily commercial foods. Weed & Feed, it is a simple concept that works for parasites, if you understand the enemy and have a battle plan.

The above formulas can all be started DAY ONE. There are no set in stone doses or method. All of this information is for Males that decide to self-experiment with home made herbal formulas. There are no known results. Each person will experience differently based on their lifelong health and the doses they choose to try.

Some may use these 5 days before using the actual Parasite Formulas or those like me will use all the formulas starting the same day. Each must decide on their own what is best for their state of elimination. If you have daily bowel movements every day, have good kidney function, no diseases, then you can probably easily use all the herbs starting the same day. If you're constipated, sickly, had operations, dental work, etc...then you may want to get the Colon and Kidneys working better first.



## **(5). Parasite Formulas**

**4 ounce Tincture dropper bottle**

**8 ounce Body Spray**

**2 ounce Exotic Spice Spray**



### **(5) a. Parasite 4 ounce Tincture dropper bottle**

The Parasite formula is the best of the best. The strongest and the mildest in a master blend that compares to no formula ever made. Each herb has a huge list of reasons why I chose to use it. Many are wild crafted from our area and some are purchased from around the globe from the best sources possible. The “Barefoot” Herbalist formulas are never 100% finished, with each new batch, if I can improve the formula, I will. Even with this being a new never tried by anyone formula, I have another herb that I just obtained today from the other side of the world that is in process and will be added to the main base batch of herbs, where they will age and blend over time, getting better with age.

Many of these herbs are 8-12 years of age since they were first liquefied into a tincture. This fact often makes the first original formula the absolute best, because aged herbs can not be obtained. The wild crafted herbs can never be 100% replaced because of the day they are harvested determines their make up and no herb is the same from one season to the next. Herbs adapt to the radiation from the sun each and every year; they “change” to survive.





### **(5) b. Parasite 8 ounce Spray bottle**

The same herbs blended into an Herbal Spray for the entire body. Same theory as the Heavy Metal / Stone Sprays. Parasites live in the flesh and bones, fluids and just about every part of the human body. They like the “waste” and our skin is constantly expelling waste that the Kidneys and elimination organs were too clogged up to get rid of properly.

Many years ago the “scotch tape” test was popular. You place scotch tape on the skin and then peel it off and place it under a microscope and see the pin worms and other microscopic looking like Monsters that eat the dead skin as it sheds off the body. Pin worms are known to run through the skin and hide on the outside to get away from the blood and live in the pores of the hairs and acne. The much smaller worms and bacteria live close to the skin surface. My theory this Parasite Body Spray is long over due!



### **(5) c. Nuk-Em Parasite 2 ounce Spray bottle**

Same Herbs and Spices as the body spray, only MAXED OUT with HOT SPICES! I do not recommend this formula to be sprayed direct on the skin, but more of a room or area spray. Those not use to the Extreme Spices I use, will in deed cough when they smell this one. I only make this based on this kit being an adult male kit only. Keep this and all herbal products away from the reach of children. DO NOT allow this product to be accidentally sprayed into the eyes. These spices are very potent. The name is appropriate for this product.

Naturally today as I finished this kit, the first person tried this product and said it was worth over \$100.00 a bottle and wanted a bunch of them to try to sell for that. It always seems like people want the absolute craziest of products regardless what I try to explain. This product represents what I have learned more than any other product. It doesn't make me cough, but it will be too powerful for most to use beyond, just spraying into a room.



## (6). Laxative 16 oz bottle

This is an original “Barefoot” Herbalist Formula. Never before have I had need of a Laxative Formula. The Lower Bowel Balance have always worked and for flushing, most just used a little Epsom’s salts. I don’t like laxatives, because some people use them too often and some even get addicted to them or end up doing enemas every day for the rest of their lives.

This formula is based on the best of the best and as far as taste goes, my first trial batch taste great! Jody says it is the best tasting herbal formula she has ever tasted. According to the history of the herbs I used, if it works as planned, it is suppose to not only cause zero damage to the colon function, but actually aid in improving it and flushing the liver out at the same time. If made well, it is even said to be good for little children; but for the purposes of this paper, this product was made for adult males only.

Again, this is a new product, made based on old traditional uses. I have no personal use of it yet and will shortly. I rely on the few that are into self-Applied Prevention to try and let me know their results.



## (7). Bath Experience 16 oz bottle

This is an original “*Barefoot*” Herbalist Formula. For 12 years I have “experimented” with bath water. The sitz bath is by far the most wonderful water treatment all can do. Doing the sitz bath as part of your Parasite therapy would be perfect. Either way, I suggest as a way to cleanse the skin of heavy metals and waste to do a one hour warm bath each night when possible. I made a Herbal Formula based on the herbs and minerals I like as part of this Parasite Kit.

Bathing in water warmer than 102 degrees allows the skin to absorb the minerals when it wants to and bathing in 102-103 degree water enables the skin to expel (sweat) out waste. I never suggest bathing in warmer than 103 degree water for any length of time.

Once the body is flowing in all the right directions, Ideally the face and scalp will be in a full sweat within 10 minutes of bathing. I find this the best way to keep the face, skin and hair clean. I don’t use soaps other than maybe 1-2 times per month wash the hair with a herbal bar soap.

## **Suggested Doses:**

### **(5) a. Parasite 4 ounce Tincture dropper bottle**

**3 drops** - 1 dropper each morning. **CAUTION:** this formula may cause an enormous die off of parasites within the bones and make you feel like a very bad flue or bone aching. Go slow and cautious on this formula. Once you know your body can handle it, work your way up to 1 dropper morning and night.

### **(5) b. Parasite 8 ounce Spray bottle**

Go slow, try a little more each day after a shower, before bed, etc. until you can spray the entire body. **CAUTION:** Some people may experience a huge die off of parasites, be prepared and stop all use if you do not like the results.

### **(5) c. Nuk-Em Parasite 2 ounce Spray bottle**

**CAUTION / CAUTION / CAUTION / CAUTION**

This is a very powerful formula, caution must be used to not accidentally spray the eyes and face. **Keep out of the reach of all people.** This is not a “fun” formula to spray at people or play with. It is a very serious formula designed to spray in a given area such as a room, work area or once adapted to it, the car /truck, etc. Such as spraying in the car before and after going shopping or otherwise visiting with other people who are contaminated with flue / disease. Bedroom etc. Do not spray where children will directly breathe this in or in anyone’s breathing space unless you are 100% confident with its use.

### **(6). Laxative 16 oz bottle**

Once the Parasite herbs are started the larger worms that seek to hide from the blood stream, can migrate towards the Colon, Liver etc. and “flushing” them out quickly can help rid them of the body efficiently.

Three days after the parasite tincture and sprays have been used, an option to use herbs to flush like a “laxative” effect when done properly will flush the Liver as well as the intestines. If enough is taken, the bile will flow forth and cause many yellow bowel movements, causing no harm according to old herbal info.

To achieve this, the suggested dose is 1-4 one ounce doses 1 hour apart. To increase effectiveness take 1-2 Lower Balance capsules with each dose. The first bowel movement should result within 1.5 hours of the first 1 ounce dose. Continued doses should result in copious bowel movements. If the yellow bowel movements do not occur after 4 hours and 4 doses, then stop the herbal formula and try again in 3 days and repeat until the bottle is empty. After this bottle is empty, remain on 4-8 Lower Bowel Balance capsules daily for 1 year.



## **(7). Bath Experience 16 oz bottle**

This formula supplies ancient pure earth and ocean minerals and essential oils to stimulate the skin and circulation. The skin is our largest elimination organ and breathes in air and can absorb water and nutrition. I made this formula because many people will not have the resources or time to make their own formula.

I suggest using this formula when you have time to take a 1 hour bath in peace. In peace often means taking your bath after the family has went to sleep. Otherwise ‘treat’ your skin to a long hot bath every night before bed that you can. I have taken a hot bath just prior to bed every night now for years using these same herbs and spices. For some beginners the herbs may be very stimulating and cause the skin to flow with circulation feeling ‘hot or spicy’; if this is too much for you, simply reduce the dose until satisfied.

I suggest 1 ounce after you get into your bath, that way you smell all the herbs as they mix with your water.

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I know with “self-experimentation” each will try it “their” way! This is fine and to be expected. The above suggested information is simple a guide line to follow.

Ideally each person to try one of these kits will respond back to me at :

[Askmh108@earthlink.net](mailto:Askmh108@earthlink.net) and let me know their experience of each product and the over all kit, so I can have an idea of what improvements I can make or pass onward to others. The first 40 kits are made and based on feed back, will determine if we make this kit again. If the customer only wants certain products and has no use for all the products I have chosen, then I will modify the kit and also make available single bottles for those that have tried a kit and tell me what they think and why the just want part of the bottles, etc...otherwise the products shown in this newsletter are intended for a male kit. Once we have feed back, then we will break the kit down smaller based on what we hear people like the best.

If we compared these products ounce for ounce with the commercial herbal websites, the price would be “enormous”. Many of the commercial stores and websites get upwards of \$120 - \$140 for a 16 ounce bottle and often herbal sprays go for \$15 per ounce. These commercial products are purposely designed to not provide a reaction with the average customer, using the weakest of herbs and formulas so they will not hear back any negative “cleansing” results such as “die-off”. So in comparison, what ever prices you see for commercial products, these products should cost triple+.

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**Note:** many of the herbal formulas I make rarely are tried by anyone or so few that rarely I make the second batch. Only those that become popular are made over and over each year. I am not good at marketing home made products. The web store shows what we common make, if you are looking for an older product that is not listed on the store, just e-mail Jody and ask her about it.

## What does Jody do while she awaits your phone calls?



She just gives the products a trial and here is trying some cool socks I found in a magazine. I find these socks very beneficial for those such as myself that wore heavy tight shoes for many years in the factory. The design is to restore the distance between each toe. Since Jody has small toes, these socks are a little too thick for her feet, but worked out great for my feet.

Many Blessings,

The "*Barefoot*" Herbalist, M.H. 108

## 5. Longevity Spices

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

The **Longevity Spices** formula has been a continuing project to find the best one formula in a bottle. It is based on the Shotgun Effect. The theory that the healthy liver will make use of the herbal minerals / chemicals and make what it needs to balance the daily systems. This formula is forever in a state of change, in that what ever I find that shows promise as a food type herbal supplement, will find its way into this formula.

For many years I just called this formula my Longevity formula that has been given a variety of names, including Lazarus Solution by a pastor that used it. Some years ago the Amish man that I call the Amish healer shared with me ho he made a spice formula for a local Amish man that one lung cut out because of cancer and when his other lung was diagnosed with cancer, he made a spicy formula that he suggested 3 tablespoons after each meal, with 3 glasses of water. I explained to him that an M.D. from Japan at a similar time period almost 40 years ago had a similar dosage using garlic and showed him the doctors book and he said that doctor was doing the same thing and actually used a German Name to describe the process and this amish man named this product after that doctor, while I chose to ad the spice theory to my Longevity Formula and gave it the name **Longevity Spices**.

The formula is dominantly Cayenne's, Garlic & Raw Apple Cider Vinegar blended with well over 100+ herbs, actually most every herb I have ever used; with many dating past age 12 years.

I gave the first gallon to the Amish Healer and he drank it at 3 ounces per day and explained he felt so wondrous that he had no words to explain how he felt. I then gave one of his Amish friends that has a huge herbal supplement store in Pennsylvania and he too had the same comment that he had never felt such feeling of life.

This formula has a dominant cayenne / garlic flavor, so many don't like it, while a small percentage believe it is the best formula I have ever made and the best tasting to them. If cayenne flavor disgust you, this is not a formula for you! If you're looking for the most unusual herbal formula on earth, then a 5 gallon bucket with a tap on the bottom and consume 1-3 ounces daily may be the most delightful use of herbs in herbal history. To try to explain the 100+ herbs and their traditional uses would take a huge book that would be nearly impossible to try to theorize why it would have value in human health. Those that have studied herbal history may have noticed that many famous herbalists later in their life came up with what today is known as a Shotgun Formula made from the best herbs they knew to be beneficial in human health.

I personally choose to ignore medical use of single herbs and choose to believe the herbs are converted by our liver and the liver makes human chemicals / minerals out of these

herbal minerals and our blood stream and our cells do the rest. I have believed this way for a long time and have more faith in it every year as I seek to make the most elaborate herbal / mineral formulas. You don't see anyone attempting to make my syrup / tincture blends, simply because they are too complex, too hard to even try to make a guess as to how I make them. It also takes a huge collection of raw materials and sources to obtain them from, something most have no excess to, it has taken us many years to find our sources. That and one fact that no one can duplicate, many of my herbal base liquids are very old and with age, they become better and better as they become smaller in mineral size so the liver can make easy use of them.

The Amish healer told me in 2009 that his original neighbor that he made his simplistic spice formula for, almost 40 years ago is still alive. I never asked what his age is, but assume that he was dying of lung cancer that he was older. He did tell me that after 5 years he reduced his daily dose to 1 tablespoon after each meal and not 3 tablespoons after each meal. His formula used no normal herbs and was very nasty tasting. The Amish healer was so impressed with my herbal version that he has forever since purchased the **Longevity Spices** by the case.

I must warn you that if spices disgust your taste buds, then don't waste your time trying this formula. I am no fan of hot spicy foods, because I never had them while I was growing up. I can drink an ounce bottle of Longevity Spices in 1 day with out a problem, but because I don't really care for spicy foods, I don't use this formula. Those that do love the taste insist I never stop making it. Those that resell it have sold it on the internet for up to \$160.00 per bottle. I prefer to sell most all herbs the same price to keep it simple. So our prices are very simplistic.

## 6. **Longevity Spices A**

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

This is the same **Longevity Spices** with the addition of well over 20 herbs that I consider Adult De-wormers. The taste is still the same.

## 7. **Longevity Spices A A** (Asian-hot)

**16 ounce** amber bottle is the normal / original size

Optional would be any size bottle from 2 ounce dropper bottle up 16 oz.

This is the **Adult Longevity Spices** with additional cayenne's and spices; additional formulas can also be called **Asian- I, II, III, IV, V.**

An **earlier file** I made for Longevity Spices included a fruit smoothie method, I will insert it here:

## Longevity No Crash!

The "*BAREFOOT*" HERBALIST, M.H. 108

First written in 2008, updated Spring 2009

### Human Food:

The "Perfect" creator did all in perfection. This thus is the Law of Nature. These Laws are perfect then and now, to be any less would not be perfect and to not be perfect would leave room for chaos.

In the "Beginning" man/woman was perfect. (Well, some historical books would say in the beginning woman was perfect and man came later as the first defective female, we won't go there for the sake of argument.)

God created the tree for man's food / medicine. (Well some historical books would say all perfect humans obtained all their food and water from the air they breathed and thus never needed medicine, since humans today can't easily do this, we won't go there for the sake of argument.)

God created seasons and cycles. Different trees bare different fruits in different seasons and provide; leaves, bark, buds, etc.

Here lies the reasoning of what man kind should eat for foods. To go beyond the tree? In Nature many animals consume grass when ill and grass is also considered green oxygen and humans have done very well to restore health with fresh grass. Grass would be an option when trees are not available and all options carry a penalty from Nature; the list of options is endless. The methods of which man has tried to "cheat" Nature from her due Justice is also endless. The use of Herbs dates as far back as man kind.

Water is plentiful in all air, only when man consumes foods that accumulate does man seek water from the ground and thus breaks the law. Man attempts to "cheat" Nature by distilling the metals out of the water and like all methods to cheat the "system" nothing is as perfect as nature and all else carries a penalty.

God gave man a mind that allows "choice"; in animals they do not have "choice" and must follow Nature's Path. Only when man captures and fences in animals do they then eat / drink the things provided by man and no longer just what God provides.



To make a long story shorter, for as long as man has lived; man has tried to cheat Nature in attempts to live in places they normally would not be able. As we all know, man now lives just about any where and consumes just about anything for a food source and man's life span is not what it use to be.

### ***THE "Barefoot" THEORY***

#### **Circulation & Plant Based Minerals**

Our Food must be alive to furnish us with "life"; dead foods can only furnish minerals. Fresh picked foods start to loose their life as soon as they are picked and with in minutes only the seeds maintain life and the bacteria within and on the food is alive. This bacterium is considered "Friendly" and our digestive system and complete cell cleansing system depends on this to keep our bodies clean of every day waste from normal function.

The use of vitamins, drugs, dental work, metals, electronic frequencies, etc. all tend to kill our "friendly" bacteria and thus causes disease, because all disease comes from the lack of "friendly" bacteria to keep our cells clean. The lack of "friendly" bacteria thus is the cause of constipation and Dr. John R. Christopher stated all disease can only be a result of constipation or the lack of circulation. Many a M.D. stated: **"CIRCULATION is KING"**; with out it, we die in our own waste.

So we need "live" food and "circulation" and if we can achieve this, we have "cheated Nature" probably about as far as we can for our nutrition. It is a "FACT" I believe; that the healthier the body, the less what we call food will be desired, I truly believe we only eat because we are in need of more Sun radiation, that all plants are made of. Everything we eat must go down the toilet, what we accumulate will cause premature death. We are created "only" from the air we breathe; this has been proven with trees. A tree is created from air alone, not from the dirt it stands in.

We are electrical beings just as the earth is an electrical creation, all things vibrates under great compression of radiation / electricity. What makes us alive is the "Flow of Blood" or Life Flow. The Amish Healer has named our Longevity Spice Formula : **BLOOD FLOW - DAS FLOWBEN** (Blood flow - the life). The creation of Blood Flowing creatures enables the Life to flow with in that blood, the life is in the air and the air enters the lungs then the blood, the minute life (air) stops entering the body, with in minutes the life no longer can be supported within the body and it quickly starts to decay. This is rule one by Nature, never kill a creation that depends upon its life via blood. If you do, then the next rule is to make sure the blood is returned to the earth as quickly as possible.

Our bodies use plant based minerals in order to establish functions of the blood systems; these enter the body and are manipulated by the red blood cells / Liver, etc. and used and then must be 100% discarded; that which accumulates causes eventual death via a constipated body. The "true" Breathairian obtained his minerals from the air, our air is bombarded with rock dust from outer space as well as the dust from the earth's surface,

these minerals are not of plant origin, but are extremely small and "electrical" from the sun's radiation. Even if these minerals accumulated it would take hundreds of years to do any harm. For humans of today our best source of minerals are still from the Trees; as God intended and the fruits there of. The fruits of the bushes and the herbs of the land and ocean also provide a wide variety of minerals. The body seems to want a little of all and is able to manipulate and discard what it does not need. So the "BEST" theory is to supply the Liver daily with a little plant minerals and herbs to ensure good circulation and elimination.

As the Law of the Breathairian, the feet need to touch the bare earth when ever possible, the same for the entire body, all the flesh was meant to touch the environment one lives in. All life is possible because of the sun's radiation, the Breathairian can absorb the sun's rays and the same as a plant, create all the food the body needs. So must all humans who seek good health, we need to expose all of the body to the sun often as possible, but avoid ever being burned. The sun enters the eyes and does the greatest function to the glands that make life possible, **NEVER** wear sun glasses or tinted glasses if at all possible. The use of tinted windows in the home shuts out the life giving rays of the sun; everyone needs an outdoor room where they can expose their bodies to the sun.

With out boring the reader further, I will now show my present version of "**Cheating Nature**". Always eat fresh off the tree or plants when possible and have your fill. The following method is for "stored" food supplies, rather they are fresh or fresh frozen or dried. "IF" dried make sure they are not poisoned with acids that makes them look fresh, you only want raw dried fruits and never those dried with acid to maintain color. **The two choices used for example are two in season fruits. I could have easily used dried fruits, fresh vegetables, frozen fruits or vegetables, fresh picked herbs or even fresh grass, the selection of foods is endless.** Today so many fruits are available from around the globe.

This system REALLY CHEATS the SYSTEM; I am going to take dead food and make it alive!!!!!!!!!!!!!!

LONGEVITY *SPICES*  
THE "NO CRASH" WAY

*For the beginner*, the use of the Pre-Cleanse Kit is essential as explained later in this web page.

**WARNING** : THE "BAREFOOT" WAY USES NUTS, SEEDS, HERBS, PLANT/TREE/OCEAN MINERALS AS WELL AS LIVE FRIENDLY BACTERIA METHODS. People who are allergic to anything, on drugs or medical care should not self-experiment with out seeking professional aid.

Note: this file was written a few years ago, starting in 2006.

To use this method as explained; you will need:

**The ALL “N” ONE kit**

**The No Crash 12 hour + formula.**

If you want to instantly drink your smoothie, then you want:

**No Crash Powder**



**Fresh garden raised peaches!**



### **Fresh garden raised Concord grapes!**

Today the fruit gardens provided Fresh picked Peaches and Fresh picked Concord Grapes. Note: these are all raised with no chemicals and not your "perfect" bug free produce sold in stores. This fruit is imperfect and covered with bacteria as well as worms here and there or small bugs on the outside, in plain words, this fruit is "RAW" right off the tree / vine.

In Nature not many creatures have the ability to sort through their foods, they just eat it all. For example, the dog licks the earth that his food was on and very few creatures seek to wash their foods before they eat it. Humans were given the ability to think on their own, while other creatures can only "obey" Nature and follow the rules as handed down by the Creator.

I was raised to wash everything, peel the good skins off and throw it away and in most cases the fruits and vegetables were all cooked before eaten, thus I have no teeth as an adult. I was raised on dead foods and learned bad habits and as Nature provides, punishment is handed out accordingly.

Today I eat right off the tree / vine / plant and don't look to see what things are crawling on or in my food, I have yet to ever feel ill from eating raw food. I eat many things raw now that years ago I would have never dreamed to eat unless well cooked and again I have yet to feel ill from eating raw foods.



The above two foods are ONLY EXAMPLES, we can do the same with most any live or once live fruit or vegetable.

**Note:** I am making 2 batches, a total of 1 gallon.



### **Fresh fruits inside the Vita Mixer!**

I rinsed the fresh fruit and added to my Vita mixer, note the small size of the Peaches, these were too small to peel and eat and note the stems with the Grapes and again, there are many grapes that would be thrown away if one was to harvest these fruits for resale or even table use for the family.



THE **"BAREFOOT"** WAY; USES ALL FRUITS, MATURE OR IMMATURE, MY METHOD IS EXTREMELY UNIQUE, A METHOD TO CAPTURE THE LIFE OF THE FRUITS THAT UNDER NORMAL CIRCUMSTANCES MANY PEOPLE WOULD REFUSE TO EAT.

MY WAY MAKES AMPLE FOOD EASILY OBTAINABLE, THE FOOD I WANT IS MOSTLY WHAT THE FARMER WILL DISCARD OR NOT BOTHER PICKING BECAUSE IT IS NOT **"PERFECT"** FOR COMMERCIAL SALE.

The above is in a 1/2 gallon Vita Mixer and will be filled to the fill mark with my home made distilled water and blended on High for a count of twenty seconds.



**Note:** one funnel, two strainers and the Vita - Mixer top container. After the fruit is blended for a count of twenty, I then pour it over a strainer into a half gallon jar, I need two strainers because the pulp will clog the strainer and you must shake it around and around until all you have left is the pulp. Don't bother pressing all the juice out, the juice

is easy to make and plentiful, no need to make this a complicated process. Note: I juiced the skins, fruit, stems and seeds, even the huge Peach seeds with zero effort, all in twenty seconds. If you don't have whole fruits and just want to use fruit juice to begin with, ten your process is even simpler, but not quite as healthy as using the whole fresh fruit.



To the ½ gallon or little less of fruit juice I add these three formulas; from left to right

**1 ounce of "NO CRASH" powdered herbs.**

**1 ounce of My Nut / Seed Mixture.**

**1 ounce of All "N" One formula C.**

**Note:** This is the 12 hour "No Crash" formula that you ferment over night in the refrigerator. "IF" you're using the plain "No Crash" quick use powder formula, you should not put in the Nut /Seed mixture or Formula C. Unless you choose too; there are no set rules for making a plain quick fruit smoothie.



First I add a little distilled water, then the nut / seed mixture and blend on high until turned into seed milk, then add the herbal powder "NO CRASH" and then The Plant Oils "C" in that order.



Then as shown; pour in your juice and blend.

At this time sample your mixture for sweetness. I suggest you add as much Maple Syrup or Sorghum Molasses as desired to make it taste great! I add my Tree / Plant concentrated minerals (not pictured) to my desired taste. You can even use raw cane sugar, organic cane sugar, etc. **I suggest it be made sweet to simulate the ripe fruit taste.** After sweetened then add distilled water if need be to fill to the half gallon mark on the pitcher. If your smoothie does not taste great, then you didn't sweeten it enough. Proper concentrated plant/fruit sugars make the smoothie work even better. If your making a vegetable smoothie you can use all kinds of spices such as chili, Mexican, etc...

Now the juice can be put in a large jar or left in the Vita-Mixer container, put in the refrigerator over night. **WARNING:** this mixture can bubble over the top depending on the type of juice used. Always leave the lid on loose and an absorbent cloth under the container in case it spills over.

**After** sitting in the refrigerator for 12-24 hours, proceed to adding herbs. This is because you do not want the herbs killing the yeast.



I chose to use the fresh Peach Juice first; if I like this, I can go to the Peach Trees and pick hundreds of Peaches and simply put 4-5 in a bag and drop in the freezer and then in the winter months I have all the fruit needed at the cost of operating the freezer, I simply drop the frozen Peaches directly into the Vita-Mixer and it works the same fresh or frozen. This works for all fruits as well as vegetables, herbs, grasses, flowers, etc. Free food abounds in Nature.

Pictured above is a bottle of the Longevity Spices and the amount I used for my fruit smoothie, note the size of the dose is one ounce. For 2009 I suggest using **All "N" ONE formula B** or Longevity Spices.

After Blending in the **All "N" ONE formula B** or Longevity Spices as pictured far right, I now have a complete food in my opinion. I have all the herbs in one drink, even the plant oils are evenly blended and will not float to the surface. I can sweeten it as much as desired or leave in a raw tangy taste with ZEST!!!!!!!!!!!!!!

This is The **"BAREFOOT"** WAY that so many have asked me over the years!!

Naturally a person can endlessly modify this method. They can take the juice above and add 1/2 gallon of ice and make a cold smoothie that is like a milk shake. They can blend in fresh fruit and make it chunky or thick as they desire. They can make fruit for in the morning for the entire family, vegetable for lunch, etc. or below is my ultimate method.





The Vita-Mixer container is 64 ounces, the ideal amount to "Fast" on daily. Above is pictured eight glasses filled with the juice based herbal smoothie. I suggest drinking one glass per hour each hour through out the day as the "ULTIMATE" method I call "NO CRASH" fasting. I believe it is The CURE, The METHOD to "CHEAT" Nature out of her just due for us living in our man produced pollution, chem trails, food additives, germ warfare, toxic water supplies, etc., etc.....

This method can be done with Orange Juice, all fruits fresh or dried (non-sulfur) and for those who want weight, they can use vegetables. Those addicted to chunky foods can leave the blend chunky. Can a person go hungry even one hour of any day of an extended "fast"????????? NO, this method is "CRASH - LESS"!!!!!!!!!!!!!!

All humans world wide can "fast" this method on what ever their local fruit or vegetables are. 1 glass per hour, 8 glasses per day. (or more glasses if desired). Extra water as needed. Fast for 14, 21 or 40 days to enable your stomach and intestines to cleanse and repair. Take All "N" One A capsules; 1 with each glass or a total of 8 per day to avoid the problems of constipation while fasting and to improve colon strength.

The No Crash herbal Blend can be taken 1/2 to 1 teaspoon by mouth through out the day by making a dough ball with the saliva and then allowing this herbal dough ball to slowly



dissolve in the side of the mouth, this shuts down all hunger and supplies the liver with enough minerals that cravings are a thing of the past. The Plant Oils "C" can be taken extra and also stop all hunger pains. The nut / seed formula can be chewed through out the day, it is impossible to be hungry. The Tree / Plant minerals (not pictured) are a 50 to 1 concentration making them sweet and satisfying and they can be taken anytime if the person is "fasting". All the herbal formulas I make, everything I make is designed to be consumed while "fasting"...

I do not believe in water fasting. Fruit fasting corrects health issues in the Long Run, Fruit Juice Fasting corrects past health issues Faster! As the body heals and the waste expelled, there will be days when a person desires zero to drink /eat and as long as they are in control and other people know they are "fasting" so they can aid them if anything does not seem right, then it is OK to have days when nothing is consumed, this accelerates the "fasting" into high gear. Only those with allot of experience should do days with zero foods or the water type fasting.

There is ONE LAW that shall not be broken, while "Fasting"; the bowels must expel daily, regardless if you have not eaten for months, the waste must still come out on a daily basis. For this I have always suggested 8 Lower Bowel Capsules "A" or as many as it takes to ensure this happens. "IF" the bowels do not flow by bedtime, then the cool 85 degree enema must be done, or the "fast" must be stopped. I have never done an enema and prefer they be avoided and depend on the Lower Bowel Capsules at what ever dose is needed to be successful.

The above Info is my "BEST", to explain "WHY" I have chose each herb, product, method and why I believe it works; is based on at least three past authors and then many authors that lead me to be able to choose my own way. Rarely do I totally finish a method or formula, so by the time I would write a book, that book would be out dated before it got published, so I don't. The Longevity Formula has been a pet project of mine for at least 15 years and hopefully continues for a long time, it is ever changing, I hope for the better. For 2009 it has evolved into the All "N" One kit. I already have ideals for the next batch, I am always adding this or that and some times even remove this or that. For 2009 the herbs used in the No Crash are much different; more fruits of the tree / bush, etc. This is the first time I have showed how I do it for myself. This is what people have been asking and now I can direct them to this web page.

I should live this way 24 / 7, I know I should. I truly believe this is a great method to break the food habit and should lead to excellent health along with better habits, etc. I am human with allot of old habits and 30 years of working with lead, copper, nickel, acids, solvents, oils, fumes, etc. my health has came along way and gets better each year. I would like to say I Only consume the above type of foods / drinks, but I do not, I can say I do better each year, my path is my path and I take my chances the same as all humans do, I live the modern way, I like my electricity, car, etc. I make this decision and accept the penalties Nature WILL punish me with.

I have learned and always will live the above way 100% any day I wake up and am ill. If, I were smart, I would live this way now 100% and make sure I never had another ill day, maybe that day will come, my most favorite author did live such a life and I want to model after him. Each year I do better, I tell people I eat what I want and hopefully want the good foods and not the bad.

I do at least one "fast" per year that can be any number of days. I believe 100% that the above method could easily be done for any amount of days or permanently, I see no reason other than "old" habit stopping this. We are somewhat social beings and most all people have but one joy in life; going out to eat. These people are all commercial food aholics; aka zombies heading prematurely to the box. When around these types, it is easy to just say; "I am sick", they can relate to that, and use that for the reason to not fill your stomach to the brim with the vast amounts of food served by restaurants or fast food joints.

Always those seeking excuses to not stop eating so much will "ask"; "what do you eat???" Just respond by saying I eat what I want and enjoy every mouthful. If I eat badly, I have my Lower Bowel Capsules "A" and I will take 1-2 with that bad meal and that is my insurance it will not stop moving until it is out. With education each year the mind accepts God's Intended methods for humans and what the brain accepts the body will follow.

My method uses the simplest of foods from my gardens; anyone can use any fruit, any vegetable, fresh, frozen, dried, etc. and make their own preferred method. I can imagine I am alone in using immature fruits, not so perfect fruits, wormy fruits, etc.; that is ME, no one else need do this.....

EVERYONE on earth can Juice Fast, they do not need my herbs or herbs period to do the original methods that worked perfect and were declared the ONLY CURE. Not one that is rich enough to own a computer has an excuse to not live well. It is a fact that it is cheaper to live well than to live sickly.

This concludes the Longevity No Crash Info. For those with out a Vita-Mixer, almost any mixer can be made to get by with. Just strain out the pulp or if you like pulp, leave it in!

Blessings,  
The "**BAREFOOT**" Herbalist, M.H. 108

If you have any questions about this theory, method; please e-mail me at:

[Askmh108@earthlink.net](mailto:Askmh108@earthlink.net) 24 / 7

Continued:

## **Nutritional Supplements**

### **"NO CRASH"**

#### **First written in 2006**

"NO" CRASH is a huge mixture of 3 past author's old medical information. The first author I heard of this theory was 100% successful in restoring near dead babies back to health. The ama even put her to the test and gave her 35 babies that were given up as hopeless and in 3 weeks she handed them all back in perfect health. The ama then destroyed her factories where she manufactured her products to save babies for starvation, arrested her and tried to wipe her history from America libraries, but luckily old books have a way of re-living. This author took her secret ingredients to her grave.

Second author, again was a woman who in the early 70's wrote a very small book explaining a "CRASHLESS" way to diet. She was promptly arrested and court papers by the fda even stated "Crash-less" method of losing 1 pound per day. She was ordered to never write about this subject again and receive probation. Her mail was watched and soon a letter was discovered where she had written this method to someone who had written seeking help. This was a violation of her probation and she was arrested and no other information about what ever happened after that. I knew from reading and self-experimenting that this explained the mystery behind the earlier author's great success with babies and health in general with all.

The third author was an old medical M.D. who wrote his first book after 50 years of medical practice and he had his own twist of a similar method and he used it as a cure-all for all diseases he had came across in 50 years of medical practice. He used the strongest of the methods and believed it to be the 100% cure. I have tried all 3 author's methods and all 3 work very well. My version is based on all 3 early authors and mixes in

The "NO CRASH" is in its first year (2006) and I expect it to change a little each year or each batch for years to come. There are several methods that can be used, for now I will only suggest one method.

Suggested method for the average person: Take only on an empty stomach.

Suggested method for the person who has fasted and corrected the stomach: take anytime.

For both types above I suggest taking about 1/4 to 1/2 teaspoon and mix with just enough water to make a dough ball. Take this dough ball and put in the side of your mouth and allow to slowly dissolving 100%, so it is drank with the saliva. This is very important! NEVER should the formula be taken in a capsule. It won't do any harm, but the desired

effect will be lost.

Once experienced the person can put the teaspoon directly into the mouth and mix direct with saliva, making sure they do not inhale while the formula is still a powder in fear they will inhale powder. To be safe just mix with a few drops of water or juice and make the dough ball first.

The medical author would suggest you could consume 48 or more such dough balls per day while fasting on orange juice and odds are you would never come close to becoming hungry and fast as long as you desired.

**I DON'T SUGGEST ANYONE CONSUME 48 OF THESE DOUGH BALLS!**

I believe maybe 3 the first day would be enough. During Orange Juice Fasting maybe 1 per hour after the hourly orange juice was drank, then insert dough ball and dissolve as slow as possible. To spice the fast up; add 1 tablespoon of the Longevity Spices to the 1 cup of orange juice, drink, then the dough ball along with the LBB capsule and you have

The clean body supplies the clean temple and the Spirit supplies the many unlimited gifts to the enlightened who seek Godly ways and not the worldly ways, as taught by Paul in the Bible. Paul being the most popular "enlightened" man documented on paper.

- 100% "NO CRASH" is when the body is at complete satisfaction.

When the liver has no needs, there will be no desires for foods. Every non-human food consumed is a toxic substance that demands another food as an antidote, that demands another food as an antidote, .....! Hunger is a sign of toxification that leads to premature death due to starvation. The fatter the person, the more starved they have become. The very ill thin person has consumed foods that stimulate and or lowers the ph and has eaten their body away cell by cell.

In every (non-accident) case of death the medical report should read food as the cause of death. Book I explains not very long ago there was (is) a group of people in South America that lived to be 250, only because their custom was to commit suicide at age 250. Public education since the 4th century has went to long lengths to make the truth seem false and the false seem to be the truth. The ones who can see, know "the dark ages" are at an all time high, with more people being murdered before birth and after than at anytime in history. The eyes do not "see" until the waste is out of the body and then the mind sees all and not just what it can touch. Many times the blind man can see more because he has no distractions and listens to his world.

Many years ago it was proved that if you wanted to live to be old and wise you must reduce your food intake to 11 ounces of food daily or less. I say the only reason we need the 11 ounces is because the body is lacking the very, very small essential minerals that is not able to obtain enough of to process the indigestible 11 ounces of food. Wrong habits of the mother starts the baby out in a toxic condition and the new born baby is fed

mother's milk that is an avenue for the mother to expel her toxins out of her body and then the baby is fed a host of foods every day of its life never knowing what true health is. To restore the health to the point that total satisfaction is reached at 11 ounces of food daily is a great goal, I would suggest removing 1 ounce of food yearly until 11 or less ounces of food are eaten daily for optimal results.

We know for a fact for every 11 ounces of food eaten, 11 ounces must go down the toilet, so it only makes common sense that most if not all foods consumed are not needed. The human body is a air burning machine that is mostly water and electricity, any food within is trapped and not within the human cell.

The "**BAREFOOT**" Herbalist, M.H. 108



# Brand New for 2011

## M.H. 108 - normal, adult, Asian

2 ounce dropper bottle up to a 16 ounce refill bottle

My latest experiments to seek the best one bottle formula came after I did a search around the world for herbal oils known to have a history of de-worming and as well as other benefits such as kidney cleansing, etc. I asked the world's largest maker of herbal oils to send me all the oils he had wisdom of that has historical and current use by people he knows. I then took this large assortment and blended with others that I knew of. I was able to obtain what I suggest is the rarest de-wormer oil on earth, something I had tried to get for over 10 years with no success until recently. I personally self-experimented with this very concentrated formula and 1 – 2 drops daily in an empty capsule seemed strong enough and anything over 3 drops in a capsule seemed to too potent.

This definitely is too strong of a formula and an extreme adult only herbal formula. The herbs are just herbal foods, but under very strong concentration their effect if very strong. I have been making a plant fats formula for a few years that uses a wide variety of common plant fats along with my own oil herbal extracts as a method to supplement with plant fats that people rarely ever have in their diet. One day while making a batch of these oils I blended in these world wide concentrated oils and I liked the formula, or better said, I didn't dislike the flavor. I have been experimenting with this formula at 2 droppers daily as an all purpose one formula does it all.

I later figured that I could make a stronger version that 1 dropper or less could be used and then an **Asian Hot I, II, III, IV, V** formula for those wanting to maximize their 1 dropper daily dose, or even less than 1 dropper per day and naturally those seeking to self-experiment with larger doses might try 1 dropper per hour.

Since my favorite nickname on the computer has been M.H. for years now and my favorite number 108, I chose to call this formula **M.H. 108 (normal) (adult) or (Adult Asian.)** The standard size bottle is 2 ounce dropper. With up to a 16 ounce refill bottle. In theory, a large refill bottle at a 1 dropper per day dose, would last a very, very long time. The formula is 100% alcohol free and should have a shelf life of over 100 years. Being an oil extract, this formula supplies parts of the plant that syrups and tinctures do not. I have always figured to make the perfect formula using the least amount of bottles would require 1 bottle of syrup/alcohol formula along with a plant fats formula. If the diet can't be controlled, the formula would also have to have the **Lower Bowel Balance** Capsules. In theory if the diet is good enough and spices consumed, one may be able to go through out life with no herbs for colon health. The **Lower Bowel Balance** Capsules is the most famous herbal formula perfected by Dr. John R. Christopher after World War I that many call better than "Gold".

# The ALL “N” ONE Kits

I made a kit for an elderly lady one day as a way to de-complicate and reduce the amount of bottles she would take home. The theory was to empty the bottles every month. Naturally few to no sickly people will do this, this is why they are forever sickly, and they bounce around all their life never fulfilling anything to the finish. That doesn't mean the idea of herbal kits fails; it only means very few people take their health or herbal use seriously. Like the old saying goes, you can lead a horse to water, but you can't make it drink. That is the way it is with sickly people, many desire to be sickly and get out of work and basically just waste their life away. I always suggest people learn about health long before age 50 and even if they don't apply what they learn, at least when they do become sickly, they will have an idea of why and what they should do.

The **All “N” One** kit has a theory for normal people and a theory for those fighting a serious disease. Those with diseases take what I call a double kit each month and when they are better, they can drop down to a single or normal kit. I believe this type of kit is the best herbal method I know of for those that have not been studying herbal use and self-experimenting for many years and even then, those people should find this kit the best they have ever tried. Often people try a kit; because I make kits cheaper as a way to get people to try them. The problem being 90% of the people seeing herbs are not serious about herbs or their health and they bounce around every year spending an average of 1 thousands dollars on a wide variety of supplements that by the end of the year they throw away, because they took a few capsules out of each bottle and then purchased the next gimmick they read about. Those people can't be helped; they must learn to help themselves. David Christopher that teaches The School of Natural Healing suggest that less than 5% of the people that sick and seeking herbal products, will do so seriously. I suggest that if you do spend money on herbal products, you should consume the bottle contents until empty and this makes the idea of a 30 day kit, designed to be taken every 30 days for the rest of your life, by far the best kit ever designed. The consumer has to make their own decisions and those that practice self-applied prevention will get along much smoother in this world. Those waiting until their organs are 80% wasted away, will struggle their last days.

The Bottles are marked A, B, C

I will insert the 2009 March B newsletter that explained the **first** All “N” One kit:

# ALL “N” ONE Kit

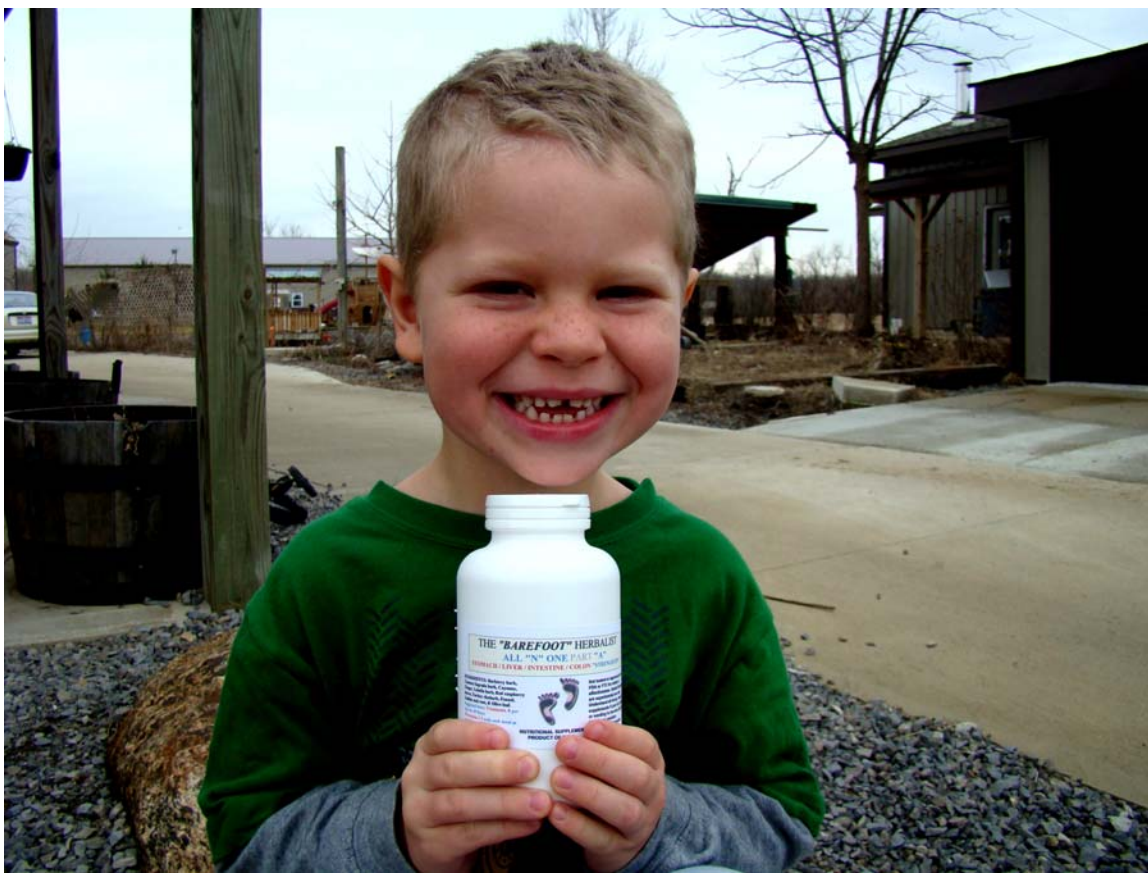
For over 12 years I have been mixing herbs to improve human health with the theory of Longevity. Living Well up to the day you die! That is the goal all humans should seek. The unhealthy miss much of life and become victims of predators that come in so many different ways.

With each New Year, better and better herbal formulas have come to pass. I have never made the same formula exactly the same for more than one year, because as I find a better way to make one product, I incorporate that into each formula. I have always had a Longevity Type Formula each year or Kit. I am one for simplification. Dr. John R. Christopher understood over 2,000 herbs and became famous making over 60 herbal formulas using what he considered the best and safest 200 herbs. Most of his formulas concentrated on Calcium and Potassium. He wrote over and over that most all human diseases were related to an imbalance of these two plant based minerals and until these two were working well, all the other minerals and general health would suffer.

The strongest most beneficial herbs are the Kidney / Pancreas Herbs that dissolve the rock that accumulates in our organs such as Kidneys and circulation systems that hardens the body. Herbs that are Anti-Parasite / Worm are most beneficial. They don't harm the good bacteria, but supply the Liver the building blocks needed so the Liver / Blood can make the chemicals that kill the bad bacteria, thus Anti-Parasite Herbs are of the greatest value.

All herbs supply Organic Plant Minerals that the body needs to build strong flesh and bones. Herbs that supply Plant Fats are needed for Hormone Balance that certain herbs also help the body maintain. Herbs that strengthen the Stomach, Liver, Intestines, Colon and Elimination functions are of major value.

The Professional Herbalist can easily create over 60 herbal formulas that specialize in treating each ailment, but in every case the body does all the healing. Herbal nutrients are Nutrition that the Liver / Blood makes use of. Blindly consuming an herbal product because of an advertisement is of no value. The body does well with the theory of WEED & FEED. Kill the bad bacteria / parasites and nourish the blood. The clean new Red Blood Cells heal the human body and make it new. What I call Book I teaches a method that in just 14 days it was medically proven that each patient had 5X more red blood cells than when they started 14 days earlier and Harvard / Yale / Rockefeller Inst. all proved that this was The Cure for All Human Diseases. I suggest adding herbs to this old medical method increases the benefits and continued correction of diet and use of herbs are two of the largest steps towards LIVING WELL.



## ALL “N” ONE / PRE-CLEANSE KIT

**Part A** - 150 ct veggie caps

**Stomach / Liver / Intestines / Colon**

Part A means first step.

Part A is an herbal capsule that originated in Germany over 100 years ago. It was perfected by Dr. John R. Christopher through out his lifetime practice and we tweaked it a little for a few years as well until 99% of the people have no problems and often refer to this product as being; “BETTER THAN GOLD”. This product has been the foundation of many herbal companies and the first capsule product I ever made .

Why do people say this? Because if the assimilation / elimination organs are not functioning properly, you don’t feel well.

### **Common information about this formula:**

This is the most famous and popular formula in the herbal kingdom. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than

this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body.

This formula consists of Cascara Sagrada Bark, Barberry bark, Cayenne Pepper, Ginger Root, Lobelia Herb, Red Raspberry leaves, Turkey Rhubarb Root, Fennel Seeds, Olive leaf and Goldenseal Root. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), most cases will start with two numbers “00” capsules three times a day, and then regulate the dosage from there. If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, one could take even up to 50 of these capsules a day, for these herbs are only food and can do no damage).

After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been “stored” in the bowel for many years that re breaking loose and soaking up intestinal liquids), one can gradually decrease but do not taper off the Lower Bowel Formula dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working. **It will take six to nine months with the aid of this Formula for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own.**

Most people have pounds of old dried fecal matter that is stored in the colon, which is toxic to the system, and keeping the food from being assimilated—because of this putrefied condition, most people engorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste an inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

All encapsulated products are in a pure 100% vegetable based capsule.

For more information on this product seek to read the Dr. Christopher News letter written many years ago on this formula or obtain the Colon Book \$7.95 by Christopher that goes into great detail about digestion and herbal aids.





## The "Barefoot" Herbalist, M.H. 108

Master Herbalist Made  
Self-Experimental Use Only

# ALL "N" ONE PRE - CLEANSE KIT Part "B"

Adult Strength

Cleanse and Nourish / Traditional use of Herbs

**Anti Parasite Herbs** - 4 parts / **Hormone Assist Herbs** - 1 part / **Iron** -  
1 part / **Calcium** - 1 part / **Kidney** - 1/4 part / **Pancreas** - 1/4 part /  
**Heart** - 1/4 part / **Prostrate** - 1/4 part

Suggested use: **Pre-Cleanse** 1 tablespoon morning and night for 30 day. (2 bottles)

**Prevention:** 1 tablespoon daily (1 bottle per month)

After 12 years of making a formula for each of the above listed names and with the theory that these herbs are dead and only plant based minerals / chemicals that the Living Liver and Living Blood uses for Building Blocks that in turn creates the Living Human Cells I have combined these Herbal Formulas into one **ALL “N” ONE** Formula. I took what I have seen as the most beneficial of each formula and “Enhanced” it or made it the dominate herbs...in a more concentration than I used in the single formulas.

These Herbal Formulas are based on the works of Dr. John R. Christopher, Dr. Hulda Clark and many others. I took the best of their best and combined many sources and make herbal formulas “My” Way....what has become known as **The “Barefoot” Way**. I have never been tied down to any particular method, as I find a better way, I change. If a person is not in a state of change, then they have stopped learning. I will list some general information about the use of such herbs:

- **ANTI - PARASITE** has traditionally been used to treat hemorrhoids, intestinal worms, wounds and bruises. This herbal has anti-fungal and anti-septic characteristics. It also has a thyroid stimulant effect since it is also high in iodine. Included are the Hulda Clark suggested Clove, Wormwood, Pumpkin, Oregano Oil and Olive Leaf herbs.
- The **PANCREAS** and other affiliated glands that through malfunction cause high or low blood sugar (namely hypoglycemia and diabetes). This combination has assisted many that have had hypoglycemia or diabetes. Many have had a glucose tolerance test with a clean bill of health on the pancreas area. Many reports have come in about heavy insulin users who continue using the insulin but by watching litmus paper or other types of diabetic checking have gradually tapered down on the insulin; and many within a year, have found complete relief using two to three or more capsules, three times per day, six days a week. Of course, the closer a person stays on the mucusless diet and eliminates from the diet the unnatural sugars, soft drinks, candies, pastries, bread, etc., the quicker the results. This synergistic blend consists of the following herbs: Cedar Berries, Uva Ursi Leaves, Licorice Root, Mullein Leaves, Golden Seal Root & Cayenne Pepper.
- The **KIDNEY** formula is a specific for the kidneys. Approximately 80% of the body is liquid, and much of this fluid must be pumped, filtered, etc., through the urinary system of the individual. We generally do not take the best care of this delicate tract. Through it circulates irritating and clogging-type materials, i.e., tea, coffee, soft drinks, hard water, alcohol, etc. Over the years we have used a formula of herbs with people who have been afraid to be out in public because of lack of control over the urinary tract and unknowingly voiding urine. After using this formula, many people have found relief from this condition and are living normal lives again. This formula is a synergistic blend of the following: Juniper Berries, Parsley Root, Uva Ursi Leaves, Marshmallow Root, Lobelia Herb, Ginger Root & Golden Seal Root.

- The **HEART** is the most vital muscle in the whole body. Thus, it is our life pump, and when it is not properly fed (with wholesome foods) it suffers malfunction, weakness, degeneration and eventually many other health issues. This in its totality is a major cause of heart failure, which is one of America's greatest killers. The hawthorn syrup is considered by many to be the best heart tonic or food, used historically to help restore back optimum health of the heart. This time tested formula is made with Hawthorn Berry.
- **HORMONE BALANCE** is a famous formula, it has been used historically for hormone imbalance. Hormonal Balance is rich with phyto-sterols, which are plant hormones. The body then takes these phyto-sterols and changes them into human hormones via the liver only upon the body's need. This formula is popular amongst those experiencing hormone imbalance of any kind, menopause, PMS, etc. This formula is safe and time tested for both females and males. Hormonal Balance consists of the following synergistic blend of herbs: Black Cohosh Root, Sarsaparilla Root, Siberian Ginseng Root, Licorice Root, False Unicorn Root, Blessed Thistle Herb and Squawvine Herb.
- The **IRON** Formula has considerable amounts of vitamin C, which has been used historically to help with the absorption of Iron. Yellow Dock is also over 50% iron by weight, thus it has been used historically for many usages such as iron deficiency (anemia). Many herbalists recognize this formula for its high iron content, but in addition to this fact, it has also been used historically to help build and relieve prolapsed organs such as the uterus, bowel, or other organs or hemorrhoid problems. This formula contains the following: White Oak Bark, Yellow Dock Root, Slippery Elm Bark, Mullein Leaves, Black Walnut Leaves, Lobelia Herb & Marshmallow Root.
- The **PROSTRATE** formula has been used historically for the aid of the malfunctioning prostate gland. This formula has been designed to help strengthen and tone the prostate while cleansing it with nourishing antioxidants. This formula is a synergistic blend of Saw Palmetto Berries, Mullein Leaves & Ginkgo Biloba. All encapsulated products are in a pure 100% vegetable based capsule. This formula works exceptionally well just by itself; however, when combined with Male Urinary Tract Formula, another Male Urinary Tract Formula, they work very synergistically together.
- Herbal **CALCIUM** Formula is a wonderful all natural calcium formula. It is a synergistic blend of the following herbs: Horsetail Grass, Nettle Leaves, Oatstraw Herb & Lobelia. As explained in the book, Biological Transmutations, the silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb. We need calcium for nerve sheath, vein and artery walls, bone, teeth, etc. This combination is helpful for cramps, "Charlie horses," successful pregnancies, growing children and maintaining adults alike, healthy bones, teeth, hair, skin and nails, healthy eyes and for all calcium needs in the body.

A book can easily be written about each subject, for more education read The School of Natural Healing Christopher book \$49.95 that explains more theories on the use of each herb. I make each formula “My Way” using other education /methods.

**Ingredients:** Horsetail Grass, Oat straw Herb, Comfrey Leaf, Lobelia Herb, Male bud, immature green hull & young twig of the Black walnut tree, Olive tree leaf/rt. bark, Cloves, Pumpkin seed, Wormwood, Raw Vinegar, Oak Bark, Peppermint, Honey, Maple Syrup, Parsley, Hydrangea rt., Gravel rt., Marshmallow Rt., Ginger rt., Uva Ursi, Black Cherry Bark, Juniper berry, Cilantro, Cedar berry, Goldenrod, Black cohosh, Sarsaparilla, Ginseng, Sage, Licorice, False unicorn, Blessed thistle, Squaw vine, Glycerin, Sorghum Molasses, Tree Potassium/Iodine Minerals, Yellow Dock Root - tinctures & Oregano Oil.



In Nature Humans sleep on their Knees and Elbows to keep the stomach off the cold ground. Trevor takes it a step further and sleeps with his hands and feet crossed from infant to age 3 in this picture. He also sleeps in correct direction with the rotation of the earth, obeying magnetism. The earth and all creation are “electrical” and that, which has life, has Spirit. A healthy human will naturally follow the laws of Nature and seek to



obey and avoid punishment (sickness). Observe healthy children, they are the best teachers. Healthy children are a parent's greatest reward while on earth.



**The "Barefoot" Herbalist, M.H. 108**  
Master Herbalist Made  
Self-Experimental Use Only  
**ALL "N" ONE**  
**PRE - CLEANSE KIT Part "C"**

**Adult Strength**  
**Traditional use of Herbs**

**Liver - Gallbladder - Cardiac - Vascular - Renal**



## Cleanse and Nourish

**Suggested use: Pre-Cleanse 1 tablespoon morning and night for 30 day (2 bottles)**

**Prevention: 1 tablespoon daily (1 bottle per month)**

People seldom think of the oils of plants. Manufacturers must work harder to produce and make a saleable product out of plant fats. Many gimmicks have been created in order to sale a product, such as fish oil. The fish oil is a worthless bi product of the fish industry and they could make more money by selling it for human health than they could sell it for land fertilizer. Many such manufactures of products like dairy, beef, pigs, chickens, etc. all “create” some gimmick to create a market for something that can be mass produced and with enough false advertising create a market and if that market makes for the need of more hospitals, the bad products are not complained about by the colleges that teach more and more people how to manage human health and life.

Humans would get all the natural plant fats needed in their fresh fruit diet; “IF” they didn’t consume grains, meats, dairy and all the acid / mucus producing foods. Since fresh fruits are not common every day foods for the average American Diet, humans grow up lacking the essential plant fats.

Medically the plant fat of choice is soybean Lecithin. I suggest this should be the liquid that is a common baking product in many foods consumed today; actually I think they put just a little Lecithin in many foods as a way to get people to consume their products. People will naturally seek foods that have essential trace elements the body seeks for daily building blocks.

Dr. John R. Christopher was from the Mid West and he preferred the common Wheat Germ Oil as his choice of cure using plant fats. He stated that he never failed to help a sterile couple if they would consume Wheat Germ Oil. He understood the Hormone Connection with Plant Fats in the diet that few health people of today realize.

The most common plant fat is Olive Oil. The California Olive Groves produce some of the finest Olive Oil on earth never using chemicals or blending off oils into their pure Olive Oil. In countries that consume Olive Oil and not Dairy Fats, they average ¼ cup Olive Oil daily and are not known to have Liver Diseases.

Many fruits have some degree of plant fats and many of the nuts have oils. I personally believe all foods that originate from the trees are designed best for humans, but often the greatest medical history is based on what local abundant oil was available. The point is, the human body that is over fed, over worked has need of extra Plant fats.

Many Chiropractors of today are recognizing the need for plant fats for people over age 40 as a corrective for ever increasing Hormone Issues. Dr. Christopher suggested daily intake of Plant Fats for anyone of any age with Hormone issues. Lecithin is also known to cleanse / dissolve what was called Human Lecithin some years ago before a newer name was created called; Cholesterol.

The circulation system and nervous system is protected with human lecithin (cholesterol). When the body works too hard and the diet lacking in essential nutrients the lecithin wears out and must be replaced. With out the replacement Lecithin the used Lecithin clogs the elimination channels of the Blood, Liver and Gallbladder. Medical seen that **Like dissolves Like** and back as far as the 1930's medical was supplementing with soybean Lecithin to dissolve Gallstones. As of a few years ago Germany was still prescribing 30 lecithin Capsules 3x daily for 3 days for common Gallbladder attack and avoids the Gallbladder operations. As the Lecithin (plant fats) are absorbed up into the Liver the plant Lecithin dissolves the old Lecithin (gallstones / cholesterol) and the plant Lecithin is assimilated to aid the body into making New Human Lecithin (cholesterol) which keeps the blood circulation perfect and the arteries / veins flexible and repaired.

The human nervous system is protected with Human Lecithin. Those with nervous issues may have damaged Lecithin allowing their nerves to "short" out causing the muscles to twitch and never relax, etc. or cause nervous issues (ADD or ADHD).

Older people with mental problems often are said to have; "hardening of the brain". I have read that 50% of the human brain is made of human Lecithin. If the circulation and nerves suffer from lack of essential plant fats, the surely the brain suffers after 50 years of proper nutrition.

The subject of Plant Fats and human health is probably an endless subject and one not popular in the U.S.A. I suggest supplementing with Plant Fats would destroy much of the vitamin industry and medical industries of this world and anything that does that is not something commercial sources are going to teach the general public. Things that lead to Hormone Problems in the human population create a huge need for medical treatment.

**Ingredients:**

Cold Pressed olive Oil, Soybean Lecithin, Wheat Germ Oil, Avocado Oil, Grape Seed Oil, Walnut Oil, Oil Extracts of: Tree Iodine Minerals, White Oak bark, Marshmallow rt., Mullein Flower, Gravel Rt. Scullcap herb, Wormwood, Comfrey, Gravel Rt. , Oregano Oil and Essential oils.



Trevor desires to be “**Bare - feet**” and walk on his tippy toes! Even today, he still must jump often through out the day in steady pace or seek the trampoline.



Pictured are both Herbal Sprays

# **THE "BAREFOOT" HERBALIST, M.H. 108**

## **ALL "N" ONE**

### **HERB SPRAY - "A"**

**Ingredients: Tree / Earth / Ocean Minerals, essential oils, Raw Apple Cider Vinegar, extracted in herbal tincture.**

**Suggested use: Spray the wrist, elbows and armpits 3x daily 1-2 sprays each for life. Spray the face / ears at bedtime. Spray as desired any place that hurts.**

**Master Herbalist Formulated  
Product of the U.S.A.  
Self- Experimentation ONLY!**

The greatest plague of Man Kind today is the accumulation of Inorganic Minerals and Acid forming diet. Also known as Hardening of the body and Indigestion. We can lump this subject into one condition; OLD AGE.

- **Old age is nothing more than a body that has lost circulation.**

The acid forming diet forces the blood to be robbed of vital Calcium. This makes food manufacturers add Lime to food products as a source of Calcium and Lime is not Calcium and Lime only makes the hardening of the body worse. All Calcium Fortified and Mineral enriched foods add to the problem of hardening of the body. Some medical authors suggest that death comes when a human accumulates approx. 900x more Calcium (lime) than the body can use.

Water and many drinks often have a lot of Inorganic Minerals that enter the blood stream and accumulate on the walls of the arteries and veins, then clog the Lymph Glands and once the Lymph Glands have failed the minerals exit the skin as rashes, wrinkles and ageing of the skin.

The goal of herbal use for centuries has sought to correct the balance of the human system by cleansing and supplementing. This method always calls for strict corrective diet, no medications, pure water, exercise, fasting, dental correction, etc.; all of which works to a certain degree. People today, rarely are going to take the time to learn proper health and seek to follow natural diet. This has made herbal supplementation more desired and yet far from the cure. This leads to doctors seeking to understand the "crystals" that form in the human flesh as a result of "calcification" of the body. Calcification or Hardening of the body (old age) is the major source of human pain and loss of movement.

These microscopic crystals by the trillions in our flesh and joints cause us pain when we move and when chronic we call this arthritis, gout, chronic fatigue, etc. Medical, Acupuncture, Chiropractic, Herbalist, etc. all seek to alleviate the pains that improper diet and habits lead to. This lead to at least one doctor seeking to apply vitamin type solutions to the skin to “dissolve” these microscopic crystals. With those theories I first experimented with herbal / mineral solutions in 2008 based on Herbal Extracts / Tinctures. My first base formula worked so well, that I continued using this base and mixing in the herbs that made Dr. John R. Christopher famous. With each new formula, we discover these herbs having amazing side effects of eliminating inflammation, infections, dissolving of mucus, and amazing pain relief at unbelievable speeds. Often getting results in less than 2 minutes of application.

Studying this further I learned that our Brain controls much of what we have come to accept in life as daily pains. The herbal sprays I have been making seem to influence these parts of the brain by increased blood circulation and supplementing the blood with minute herbal minerals assimilated through the lungs from breathing and absorbing through the skin.

Everyone reading this is highly encouraged to read the Herbal Sprays Testimonies and e-mail me [askmh108@earthlink.net](mailto:askmh108@earthlink.net) with your questions and your personal testimonies and ask for the current Testimony File so other can continue to learn as you are. These simplistic herbal sprays have been changing many people’s lives with the very first bottle and often with the very first spray. All of the sprays I make have the same Original Base I first created. Each formula has three degrees of strength. A common spray, an adult spray and an extreme spray. What I am calling Spray A is the common base spray. It can be sprayed freely. The adult sprays have stronger herbs that make them unsuitable for younger children. The stronger ingredients are designed to influence more blood circulation and supply larger quantities of herbal minerals. The Extreme Sprays are too strong for tender skin and designed to spray into the room and use like a perfume that you breathe in. The Extremely Hot herbs used in these formulas are extremely lung enhancing and often results are felt with the very first spray and some of the most unbelievable side effects never known before can result. One of the first that amazed me is how the Tooth & Gum Spray may enhance a right handed person to all of a sudden have coordination with his left hand. This happened to me with just one spray, that lasted approx. 10 days.

We are now hearing from women that say after a month of use of these sprays in general they notice pms inflammation and pains disappear and those using direct spray on the abdomen have had results in 2 minutes with complete relief. We just have no clue what a person is going to experience once the brain has improved circulation and their body has lessened accumulations of calcification crystals. I consider the formulas non toxic in that I would not be afraid to drink the formulas. The formulas are considered safe to spray in the mouth and most anywhere a person desires. The testimonies seem to be endless with possibilities. Each spray only administers a few drops of herbs/minerals so to most all people the use of these sprays is accepted with out alarm. I suggest the dose is no more than what a person would do with common everyday perfume and I suggest perfume is toxic, while the herb sprays are safe and beneficial. They are only sold as Self-



Experimental use ONLY! Because all things we humans apply to our body is experimental and we should use caution with everything we consume or touch.



**THE "BAREFOOT" HERBALIST, M.H. 108**  
**ALL "N" ONE**  
**HERB SPRAY - "B" HOT!**

**Ingredients:** BurdockRt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsly, Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Balck Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullien, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Barck, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

**Suggested use: Spray the JOINTS / HIPS / SPINE daily as desired. Spray as desired any place that hurts. AVOID THE EYES AND TENDER SKIN.**

Master Herbalist Formulated  
Product of the U.S.A.  
Self- Experimentation ONLY!

This advance formula was first designed for adult arthritis and degenerated joints. Some today are spraying their entire body with this formula with amazing results. Some have sprayed 2 sprays in the air and breathed in the herbal smells became pain free in less than 2 minutes. Some have reduced their pain drugs the very first day of use by 1/5<sup>th</sup>. a few cases have gotten up out of their wheel chairs and walked for the first time in weeks. Others have new hair growing on their heads, eye sight improved, pms gone, broken joints healing with amazing speed, etc. Not because of some amazing new product, but

just from simplistic old fashioned herbs Master Herbalist Made extracted in a way that they need no refrigeration or special care other than all products should be kept out of the reach of little children. Just because all our children have their own specific spray bottles, does not mean others with less experience should experiment with these products. Our children have grown up on herbs only and enjoy all kinds of herbs.

Go slow with Spray B, remember it was designed original as a spray for arthritis , bad knees, hips, spine, etc. Not to be sprayed on the genitals or in the eyes unless well advanced in the use of such sprays first.

I suspect there will be well over 30+ special herbal sprays with 3 degrees of strengths. It may take years to experiment with these formulas and so far, most all customers have experienced amazing reduction in pain levels the very first bottle. If you have such results, please e-mail me. Depending upon your story, I may offer future sprays at a discount or free for your kindness of helping with your testimonies. I myself can't give each and every spray a thorough trial. It takes many people with many degrees of health to allow me to know what works and what doesn't.



**Trevor** will be 5 this Spring. Conceived in September and our youngest; he is the result of our own self-experimentations with improved health. Those that have followed the websites have seen his pictures each year as he is growing up. He has endless energy,

jumps so much that everyone that knows him calls him Tigger. When he was younger people use to come up and want to touch his long curly blonde hair and he seemed like a magnet attracted looks from strangers where ever we took him.

I have watched him walk for over one hour at a time with out his heels ever touching the ground. He can jump on a mini trampoline while watching TV just as natural as I would set in a reclining chair.

Trevor is the ‘real” Master Herbalist. He knows nothing but herbs. I have him taste most all my formulas and he has consumed over 10 gallons of herbs by age 2 and has his own bottles that he freely drinks from. He comes to me nightly before bed and rolls up his pants or shirt and ask me to spray all boo boos. He knows most of our herbs by name and ask for them as he feels the need. Trevor is balancing the 3 bottles by his feet, not something the average 4 year old would do. Trevor, almost age 5, has never been what I would call, Sick. He prefers a sweet fruit diet. He drinks fruit juice and rarely water.

Many Blessings,

The “**Barefoot**” Herbalist, M.H. 108





(The early version of the parasite kit shows the variety of bottle sizes)

## 2011 – Anti-Parasite Products

I still believe the **All “N” One** Kit is the best kit I have ever made! For those seeking stronger anti-parasite herbs, adding a bottle of the Adult or Normal formulas to the **All “N” One** kit is Ideal!

The double bottle kit for the beginner with a health situation, which includes an extra bottle of B & C or the normal **ALL “N” ONE** kit for those with prevention in mind. The kit provides a wide variety of herbs for external and internal use. Just killing parasites is OK, but the elimination organs need to be working properly and make sure constipation doesn't appear somewhere within the body or skin. Taking a sitz bath or at least nice long warm baths or shower each night before bed helps the body cope with the daily pollution. Removing all or as much of the accumulated poisons from the daily life will determine how successful one is with their own Longevity. I often see dental poisons as the number one obstacle many will ignore. Making your own distilled water and proper diet and drinks is just common sense and each person has their own choices to make. After reading what I call BOOK I, everyone should have an idea of why they are not healthy and what steps are needed to return to health.

I know this past and present material has to be very confusing, so I will try to explain the many options, starting with the:

## **ALL “N” ONE KITS “2011”**

### **Standard ALL “N” ONE KIT 111** **Order Number 111**

**Contains 5 bottles**

**1 Part A** - 150ct Lower Bowel Balance capsules.

**1 Part B** – 16 ounce Syrup / tincture - Multi formula for parasites, kidney / pancreas cleanse, heart health, prostate health and general hormone balance.

**1 Part C** – 16 ounce Syrup / tincture - Multi-purpose plant fats formula.

**1 Herbal Spray A** – 2 ounce spray bottle- mild all purpose herbal spray.

**1 Herbal Spray B** – 2 ounce spray bottle- spicy / stronger all purpose herbal spray (avoid direct spray of eyes and tender skin).

- My personal comments:

The **101 All “N” One Kit** is for people that have not studied in depth herbal use and seek a kit that supplies a wide variety of herbs for general cleansing and nourishing. These kits are designed to have all bottles empty every 30 days and ideally used for life.

### **Standard ALL “N” ONE KIT 222** **Order Number 222**

**Contains 7 bottles**

Same kit as 101, with an additional bottle of Part B and Part C.

- My personal comments:

This kit is for the beginner or those seeking to do a 30 day cleanse. The dosage of Part B and C are doubled and all bottles are suggested to be empty every 30 days. I suggest anyone with a health issue, remain on the 202 kit until they feel they no longer are in trouble and then they can drop down to the 101 kit.

Adding additional anti-parasite herbs to the 101 or 202 kits is something adults, into advanced use of exotic herbs would do. I personally see a great need for a daily supplement of anti-parasite herbs, regardless of the general health of the adult. The



hardest parasites often are within our body from conception till death and keeping them under control, in my theory is the best path to achieving Longevity.

Standard **ALL “N” ONE KIT 111 / 1**

Order Number **111 / 1**

**Contains 6 bottles**

Same as **Kit 101**, with **one** 16oz bottle of **P / W** (Parasite / Worm)

Standard **ALL “N” ONE KIT 222 / 1**

Order Number **222 / 1**

**Contains 8 bottles**

Same as **Kit 202**, with **one** 16oz bottle of **P / W** (Parasite / Worm)

Standard **ALL “N” ONE KIT 111 / 2**

Order Number **111 / 2**

**Contains 7 bottles**

Same as **Kit 101**, with **two** 16oz bottle of **P / W** (Parasite / Worm)

Standard **ALL “N” ONE KIT 222 / 2**

Order Number **222 / 2**

**Contains 9 bottles**

Same as **Kit 202**, with **two** 16oz bottle of **P / W** (Parasite / Worm)

- My personal comments:

111 & 222 with P / W formula would be for those that have never used anti-parasite herbs before and wish to use additional herbs or do a 30 day anti-parasite cleanse.

## **Advanced ALL “N” ONE KIT 111 / A1**

Order Number **111 / A1**

**Contains 6 bottles**

Same as **Kit 101**, with **one** 16oz bottle of **P / W / A** (Parasite / Worm / Adult)

## **Advanced ALL “N” ONE KIT 222 / A1**

Order Number **222 / A1**

**Contains 8 bottles**

Same as **Kit 202**, with **one** 16oz bottle of **P / W / A** (Parasite / Worm / Adult)

## **Advanced ALL “N” ONE KIT 111 / A2**

Order Number **111 / A2**

**Contains 7 bottles**

Same as **Kit 101**, with **two** 16oz bottle of **P / W / A** (Parasite / Worm / Adult)

## **Advanced ALL “N” ONE KIT 222 / A2**

Order Number **222 / A2**

**Contains 9 bottles**

Same as **Kit 202**, with **two** 16oz bottle of **P / W / A** (Parasite / Worm / Adult)

- My personal comments:

111 & 222 with P / W / A formula would be for those that have used anti-parasite herbs before and wish to use additional Adult Strength herbs or do a 30 day anti-parasite adult cleanse.

Using an Anti-Parasite herbal Spray in my opinion may be the greatest herbal discovery in herbal use. Spray A & B are both anti-parasite, but I also make far advanced formulas just for adult parasite sprays such as explained in the adult parasite kit experiments mentioned earlier in this file.

# Anti – Parasite herbal formulas 2011

Adding additional anti-parasite herbs for those seeking “More” are adults into extreme self-experimentation and prevention. I will list a variety of anti-parasite herbal formulas as singles that can be used in addition to the All “N” One kits or as stand alone products.

Order number	Name	Size	Syrup / Tincture or Tincture	Quantity
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## Parasite / Wormer

100	P / W	16 ounce	S / T	1 bottle
102	P / W	16 ounce	S / T	2
104	P / W	16 ounce	S / T	4
112	P / W	16 ounce	S / T	12
125	P / W	16 ounce	S / T	2 5

## Parasite / Wormer / Adult

200	P / W/ A	16 ounce	S / T	1 bottle
202	P / W/ A	16 ounce	S / T	2
204	P / W/ A	16 ounce	S / T	4
212	P / W/ A	16 ounce	S / T	12
225	P / W/ A	16 ounce	S / T	2 5

## Parasite / Wormer / Adult / ASIAN (Hot) I, II, III, IV, or V degree

300	P / W/ A	16 ounce	S / T	1 bottle
302	P / W/ A	16 ounce	S / T	2
304	P / W/ A	16 ounce	S / T	4
312	P / W/ A	16 ounce	S / T	12
325	P / W/ A	16 ounce	S / T	2 5

## Longevity Spices

400	P / W/ A	16 ounce	S / T	1 bottle
402	P / W/ A	16 ounce	S / T	2
404	P / W/ A	16 ounce	S / T	4
412	P / W/ A	16 ounce	S / T	12
425	P / W/ A	16 ounce	S / T	2 5

## Longevity Spices Adult

500	P / W/ A	16 ounce	S / T	1 bottle
502	P / W/ A	16 ounce	S / T	2
504	P / W/ A	16 ounce	S / T	4
512	P / W/ A	16 ounce	S / T	12

525	P / W/ A	16 ounce	S / T	2 5
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**Longevity Spices Adult ASIAN (Hot) I, II, III, IV, or V degree**

600	P / W/ A	16 ounce	S / T	1 bottle
602	P / W/ A	16 ounce	S / T	2
604	P / W/ A	16 ounce	S / T	4
612	P / W/ A	16 ounce	S / T	12
625	P / W/ A	16 ounce	S / T	2 5

**Parasite / Wormer / Adult Strength made in Tincture (dropper bottles)**

700	P / W/ A / T	4 ounce	T	1 bottle
702	P / W/ A / T	4 ounce	T	2
704	P / W/ A / T	4 ounce	T	4
712	P / W/ A / T	4 ounce	T	12
725	P / W/ A / T	4 ounce	T	2 5

**Parasite / Wormer / Adult Strength ASIAN (Hot) I, II, III, IV, or V degree**

800	P / W/ A / T	4 ounce	T	1 bottle
802	P / W/ A / T	4 ounce	T	2
804	P / W/ A / T	4 ounce	T	4
812	P / W/ A / T	4 ounce	T	12
825	P / W/ A / T	4 ounce	T	2 5

**Parasite / Wormer / Adult Strength (amber bottles)**

900	P / W/ A / T	8 ounce	T	1 bottle
902	P / W/ A / T	8 ounce	T	2
904	P / W/ A / T	8 ounce	T	4
912	P / W/ A / T	8 ounce	T	12
925	P / W/ A / T	8 ounce	T	2 5

**Parasite / Wormer / Adult Strength ASIAN (Hot) I, II, III, IV, or V degree**

1000	P / W/ A / T	8 ounce	T	1 bottle
1002	P / W/ A / T	8 ounce	T	2
1004	P / W/ A / T	8 ounce	T	4
1012	P / W/ A / T	8 ounce	T	12
1025	P / W/ A / T	8 ounce	T	2 5

**Parasite / Wormer / Adult Strength**

1100	P / W/ A / T	16 ounce	T	1 bottle
1102	P / W/ A / T	16 ounce	T	2

1104	P / W/ A / T	16 ounce	T	4
1112	P / W/ A / T	16 ounce	T	12
1125	P / W/ A / T	16 ounce	T	2 5

**Parasite / Wormer / Adult Strength ASIAN (Hot) I, II, III, IV, or V degree**

1200	P / W/ A / T	16 ounce	T	1 bottle
1202	P / W/ A / T	16 ounce	T	2
1204	P / W/ A / T	16 ounce	T	4
1212	P / W/ A / T	16 ounce	T	12
1225	P / W/ A / T	16 ounce	T	2 5

**P / W / S Herbal Spray**

1300	P / W/ S	2 ounce	T	1 bottle
1302	P / W/ S	2 ounce	T	2
1304	P / W/ S	2 ounce	T	4
1312	P / W/ S	2 ounce	T	12
1325	P / W/ S	2 ounce	T	2 5

**P / W / S Herbal Spray ASIAN (Hot) I, II, III, IV, or V degree**

1400	P / W/ S	2 ounce	T	1 bottle
1402	P / W/ S	2 ounce	T	2
1404	P / W/ S	2 ounce	T	4
1412	P / W/ S	2 ounce	T	12
1425	P / W/ S	2 ounce	T	2 5

**P / W / S Herbal Spray (refill bottle)**

1500	P / W/ S	8 ounce	T	1 bottle
1502	P / W/ S	8 ounce	T	2
1504	P / W/ S	8 ounce	T	4
1512	P / W/ S	8 ounce	T	12
1525	P / W/ S	8 ounce	T	2 5

**P / W / S Herbal Spray ASIAN (Hot) I, II, III, IV, or V degree**

1600	P / W/ S	8 ounce	T	1 bottle
1602	P / W/ S	8 ounce	T	2
1604	P / W/ S	8 ounce	T	4
1612	P / W/ S	8 ounce	T	12
1625	P / W/ S	8 ounce	T	2 5

**M.H. 108 (Normal) – Plant Oils, no alcohol (dropper bottles)**

1081	M.H. 108	2 ounce	OILS	1 bottle
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1082	M.H.108	2 ounce	O	2
1084	M.H.108	2 ounce	O	4
10812	M.H.108	2 ounce	O	12
10825	M.H.108	2 ounce	O	2 5

**M.H. 108 -Adult**

10881	M.H. 108	2 ounce	OILS	1 bottle
10882	M.H.108	2 ounce	O	2
10884	M.H.108	2 ounce	O	4
108812	M.H.108	2 ounce	O	12
108825	M.H.108	2 ounce	O	2 5

**M.H. 108 - Adult ASIAN (Hot) I, II, III, IV, or V degree**

108881	M.H. 108	2 ounce	OILS	1 bottle
108882	M.H.108	2 ounce	O	2
108884	M.H.108	2 ounce	O	4
1088812	M.H.108	2 ounce	O	12
1088825	M.H.108	2 ounce	O	2 5

**M.H. 108 (Normal) – REFILL BOTTLES**

108R1	M.H. 108	16 ounce	OILS	1 bottle
108R2	M.H.108	16 ounce	O	2
108R4	M.H.108	16 ounce	O	4
108R12	M.H.108	16 ounce	O	12
108R25	M.H.108	16 ounce	O	2 5

**M.H. 108 -Adult**

1088R1	M.H. 108	16 ounce	OILS	1 bottle
1088R2	M.H.108	16 ounce	O	2
1088R4	M.H.108	16 ounce	O	4
1088R12	M.H.108	16 ounce	O	12
1088R25	M.H.108	16 ounce	O	2 5

**M.H. 108 - Adult ASIAN (Hot) I, II, III, IV, or V degree**

10888R1	M.H. 108	16 ounce	OILS	1 bottle
10888R2	M.H.108	16 ounce	O	2
10888R4	M.H.108	16 ounce	O	4
10888R12	M.H.108	16 ounce	O	12
10888R25	M.H.108	16 ounce	O	2 5

Keep in mind these formulas are for Private Sale only! Not suggested for resale. They are Master Herbalist Made and are not tested or approved for safety or effectiveness by the FDA or any governmental agency and do not follow commercial guide lines. They are for adults that seek herbal supplementation freedom, free from government standards and regulations, something I refer to as “Home Made” or grass roots products.

Only those adults that agree to such terms and are responsible for their own adult self-experimentation use are permitted to purchase these products and are responsible for their soul use after they receive them. If they choose to give away or resell these products, they are doing so at their own responsibility. I make no claims to their use or effectiveness beyond that these products; are home made herbal based products for adult experimental use only.

With that in mind, one other very anti-parasite formula I make for “extreme” use, such as any wasting / deadly disease you could think of; where an individual desires to experiment with the strongest and nastiest tasting herbal formula they could believe could exist, I call such a formula:

## **“I NEED HELP”**

This has the best of the best herbal tinctures and concentrated plant oils in one powerful herbal formula. The taste will be beyond what most sick people will be able to tolerate, so most likely they will need small doses and or doses mixed with fruit juice, maple syrup, etc., etc. as a method to reduce the powerful taste.

This is a very complicated formula with many herbs known historically as powerful herbs; it is the shotgun of all shotgun powerful herbal formulas. It is basically a last chance effort at trying powerful herbs to save ones life. Ideally this formula could be used in very small doses as a powerful de-wormer and preventative or a formula for those that want to experience the strongest the herbal world has to offer using non toxic herbs.

When a person has been given up by medical and all roads dead ended, often the near dead person seeks herbal supplementation. Often 5-10 years too late and long after much medical damage has been done. In every case, the Lower Bowel Balance, Kidney/Pancreas Cleanse, Herbal Sprays, Liver Cleansing, etc. should be started for at least 5 days in advance of powerful anti-parasite herbs. Once the channels of elimination are open and working in the correct directions, Dr. John R. Christopher teaches in the use of plentiful herbal supplementation. Extreme doses that exceed the aggressive disease and turn it around as the disease is expelled out of the body. He insisted that such patients adhere to a mucus less diet or they would risk failure, because the herbs can not compete against a bad diet, such as is explained in detail in what I call BOOK I.

I suggest in sever cases, 1 tablespoon morning and night. In desperation cases, up to a maximum of 1 tablespoon per waking hour. This would be “EXTREME” self-

experimentation! The small 2 ounce dropper bottle is basically a sample bottle, to the normal person, 1-2 drops or a dropper is probably all they would take per day as an anti-parasite supplement. A person that does NEED HELP would seek ½ gallon or more. The wise man will never allow him self to get into such a predicament. Remove all dental work, all toxins from your home and seek to be as pollution free as you possible can, if you are to not find your self one day in a situation where no one will help you and your setting at home thinking; “I NEED HELP”.

**“I NEED HELP” – dropper bottles**

<b>108108</b>	<b>I / N / H</b>	<b>2 ounce</b>	<b>T</b>	<b>1 bottle</b>
<b>1081082</b>	<b>I / N / H</b>	<b>2 ounce</b>	<b>T</b>	<b>2</b>
<b>1081084</b>	<b>I / N / H</b>	<b>2 ounce</b>	<b>T</b>	<b>4</b>
<b>10810812</b>	<b>I / N / H</b>	<b>2 ounce</b>	<b>T</b>	<b>12</b>
<b>10810825</b>	<b>I / N / H</b>	<b>2 ounce</b>	<b>T</b>	<b>25</b>

Surely this amount of info will confuse anyone that has not studied herbal use using herbs that they are not going to find in just any book and in many cases, no book exist at all and probably never will.

I do not have the resources or time to compile studies of each herb I use and theorize what the results could be when these herbs are blended. Therefore all of my herbal extracts and formulas all have to never be considered anything more than **adult self-experimental use only.**

In the 13 years we have offered people the option to try the same herbal products I make for my family and myself, we have had literally thousands of testimonies. I suggest the herbal sprays I came up with have the most promise of a whole new era of herbal use, with results never considered possible from simple herbal use through the skin and breathing the smells of the herbs and their minerals. I have at least 100+ external herbal sprays I want to make and I know most will never be tried by anyone, but I just have fun making them. Taking time to read a few of the testimony pages from those that tried the experimental sprays has some amazing stories. The fda / medical hates testimonies and herbal use in general, so all my information is strictly for the use of private adults only, who have agreed they are adults and have no problem reading herbal information that has not been approved by their governments.

For those desiring to do studies on each herb I use in a particular formula, I would more than welcome your study and gladly give discounts or free products in exchange for your in-depth look at what books or the internet had to say about each herb and any conclusions you have drawn after consuming such products or herbs, etc....

## My 2011 conclusions on human parasites and herbal use.

Keep in mind these words are my own words and I have no formal education to use as an example why anything I write or think is usable by other humans for their health situations. All I write must be seen as entertainment purposes only by adults that seek the freedom to read such information.

I believe all humans have a serious parasite problem dating back well over 300 years ago, with each generation becoming more and more degenerated. I believe parasites rule this planet and all organic life will eventually be consumed by these parasites as a method created by God to keep this earth clean.

I believe we need to take some type of herbal supplement daily as a method to keep parasites under control. I don't believe any human or mammal exists that is parasite free regardless of what they do. I do believe the large "animal" type parasite worms can be eliminated and kept under control with daily supplementation of herbs. I believe a great natural raw fruit diet can help keep the human body free of the large worms, but not if the diet is mixed or has been wrong in the past. Once the animal type parasites exist in the human body, I believe they will seek to live, regardless of diet and wrong diet will make it easier for them to live freely in the body.

Herbs can be fruits, seeds, nuts, grasses or any of the thousand plus herbs sold for human health supplementation. I believe herbs / fruits from the tree are best suited for humans and the deep rooted perennials. I believe the annuals and especially the annual vegetables are of the least value in human health / foods.

I got into herbs to save my own life; I eventually started making my own herbal formulas, because I lost faith in the commercial sources I had been buying from. I did not make herbs to sell; I made herbs to save my own life. The more I talked about herbal use, the more those that listened to me, asked me to make extra so they could try what I was doing. We have always operated on that same theory; I don't make formulas to "sell", but formulas that I can use or my family use. I am eternally looking to improve what today I would call Longevity or All "N" One kits. Whatever I can learn about any herb, if it works out, it will find its way into the Longevity Kits, because anything that is good for one, should be good for all. I do not believe in the use of toxic medical type herbs.

Real herbs have powerful taste and the real original methods were to chew the raw herb. Because people didn't like these bitter tasting herbs, herbal formulas were created. Most herbalists will write that if they didn't use herbal capsules, they would have never been able to make a living selling herbs. I personally believe all herbal capsules sold as anti-parasite capsules have been a joke, a gimmick to make the sale and they never care if the customer returns or is satisfied. I recently was thinking about the possibility of making a herbal capsule that would work. I believe I can make this, but it could never be put into the capsule by a commercial source and must be hand encapsulated. I will have this made by the end of 2010 if all goes well.

Most good herbs are anti-parasite and or cleansing type herbs, so if your current herbs are known to be anti-parasitic and you believe your diet enough, then that is good enough for you. Learning and applying what I call BOOK I will be enough for you if, well applied.

In my opinion older people refuse to clean up their dental poisons or make their own distilled water. Often by age 50 they refuse to take care of their body enough to correct these two major problems that lead to premature death. Most of the older people I know past age 60; over 95% have refused to clean these two deadly situations up. So regardless your age, if you refuse to clean up your dental mess and refuse to make your own distilled water and consume ample fresh fruit juices, in my opinion, you are too far gone to care about your own life. Sadly these older people put money and time as more valuable than their own life. They often will boast of how many healthy things they do to others, but know they won't change the things that are really killing them.

Inorganic rock accumulates over a lifetime and makes kidneys nearly worthless and ends in high blood pressure and extreme premature ageing. The herbs known to help dissolve these inorganic rock deposits be expelled out of the body are essential. All of these problems lead to constipation and I assure all of the readers, that they are indeed constipated to some degree; "IF" they are aging. The degree of constipation determines the degree of ageing.

- **Restoring circulation simply means restoring human health and youth.**

What does it take for you or me to restore our circulation? Each and every human comes from a wide range of past relatives that have passed down their inherited weaknesses along with our current day poisons that all lead to a different condition, making us all different.

I do know this, if we don't seek to stop the downward spiral of ill health, people born after 1992 may not live well by their 40<sup>th</sup> birthday.

People desire to buy 1 product to cure all their ills and the truly bad websites will tell them every lie it takes to get them to buy their products and most always these products will come in worthless capsules.

Herbs help in these ways:

Minerals

Anti-parasite

Solvents

Anti-constipation



Mucus expelling

Hormone balance

Proper human diet as explained in Book I, which simply means a raw tree fruit diet; if the reader truly understands the authors best suggestions; will solve most of the reasons one would take herbs, with the exception of anti-parasite. Yes, there are tree fruits known to be anti-parasite, but in general, those fruits are very strong tasting and never consumed enough. In every country, there are always several herbs known to be anti-parasite. I believe the original spice trade was a medical trade or a trade of herbs known to improve human health by being anti-parasitic.

What ever herbs you choose, choose them daily; for LIFE! That is my best conclusion after exploring herbs for over 20 years to save my own life. My formulas may seem “exotic” or very complicated. They indeed are. They probably don’t need to be, but for my own personal use, I want the most I can get, at the smallest dose possible.

The All “N” One kits use several bottles; I have it very hard to get a quality method down to one bottle. I believe the M.H. 108 adult dropper bottle formula may be the closest I have come to, but the taste is always going to be very spicy if I try to do it all in just one bottle.

I like the theory of the Longevity Spices Adult formula that uses well over 100 herbs, but many will refuse the very spicy formula. The mild original plain De –Wormer I am now calling **P / W** formula has the 12 year history of being the most popular de-wormer product at the cheapest price.

When I consider the working man supporting a family, I can’t imagine anyone buying herbs for any reason. The governments have the working class under such pressures today, that all live paycheck to paycheck and the elderly that had saved up money, no longer receive enough interest to live comfortably. This is why I supply Book I for free, it boast the cure for every known disease and was proven to be true by the top 3 colleges in the country back in 1950. The method used no herbs and nothing to buy, meaning anyone can apply what the author suggests, which is all proper diet.

- **It is essential that the human body does not accumulate with inorganic minerals, because every accumulation obstructs circulation, which creates constipation, which creates food and home for parasites.**

Killing parasites alone, does not solve the true problem. It is essential as long as the body does not have perfect circulation and for most of us, this simply means we have a lifetime problem with constipation somewhere within the body. The elimination organs, circulation systems, etc., etc. all need addressed at the same time to be successful. This is why all drugs, all supplements all fall short of helping restore health. There is no such thing as 1 bottle solving all the problems of past and present, beware all advertisements making false claims that always seem too good to be true.

This may sound complicated, but to a small child, it actually sounds logical. You explain what foods and what environment God intended mankind to thrive in and to them, it is as simple as believing the truth as being the simple truth that should be obeyed or pay a consequence of ill health.

Book I explains allot of truths, I know no one will apply a Nature Diet and Habits, but at least we all should be educated to know the truths and not blindly stumble through life blaming unknown sources for our premature death. The goal of Book I is to make all humans their own physician and be responsible for your own health. I personally suggest understanding herbal use and many of the current problems of deliberate poisoning and unknown poisons will greatly make what Book I has to offer, even better and easier to do.

Those that can't afford herbal use can easily return to the natural fruit diet. Naturally, those that desire to self-poison their body via bad habits and very bad choices are a hopeless lot. Everyone knows you can't poison your self and expect to maintain Longevity. Those that want to argue that their bad habits have nothing to do with their health will find such information 100% worthless; they seek people selling a bottle of voo doo capsules that will give them energy and promised cures for all that haunts them.

The person that the first words coming out of their mouths says: "I need something to give me energy", they are clueless about why they are not healthy and even more clueless that all the drinks and pills they have taken to give them energy have been destroying their youth. Yet many people seek to supply the energy drinks / capsules that creates more and more future business for medical and helps the governments reduce the population.

No one has the cure for all, even some of the very best authors in world history, never lived to normal life span, many dieing even before age 50. I know of no author that lived past age 110, except for one that learned about proper breathing methods from a man in India back before 1950 that was well past age 150 and was being hunted down by the local people for a bounty paid by the government for all people past age 150 with the theory of the government that all such people were demons to be able to live that long. This soldier chased off the murders and saved the old man and as a gift, he teachd him the gift of life, the "breath" of life. It is a fact, our very life depends on each and every breath we take.

It is a fact; our sun and our air are the two most powerful healers and essential to life on earth. Those that avoid the sun and shallow breathe are asking to die a slow and miserable death.

All life on earth, as well as the earth and all creation of the universes was created by what we all call God and maintained by God and most importantly, under God's 100% control and follows God's Laws perfectly. Nothing can be a surprise to God. Your life, your death and all your experiences while you are on earth, are known and under God's perfect control. Humans have the ability to choose for God or against God and common sense

and experience always proves in the long run that those that do not resist God's Ways will have a smoother life and those that resist God, will have a hard path to follow.

All of these things make up the human body and Spirit, it all must be in balance, all be flowing with Nature and not against Nature. This is why ancient information suggests we humans follow God and not this world. Man's ways will lead to destruction of health in so many ways.

Don't be surprised that if you decide to kill your parasites that it takes years to do it slow enough that you avoid massive kill offs. Actually, the adult may be so toxic that many if not all of their cells are not perfect and the human Immune System eventually seeks to eliminate every old cell and make all new ones in the effort to restore health. I believe for many of us, our very bones are made of inorganic minerals along with much of our flesh all of the wrong materials and it will be a 7 year journey to return to health, even if we do the very best we can and for most, a lifetime journey. The good thing is this; each new day should be a better day. The cleaner body supplies a better place for the spirit to live and work out of. Our work is never done for as long as we live.

I can only suggest going slow with what ever formula or formulas you seek to self-experiment with and with your own experience, you can then tell us what works best and teach others that your path crosses.

Many Blessings,  
The "*Barefoot*" Herbalist, M.H. 108

**Attached**, find a **partial list** of product names and ingredients. This list is incomplete and will be worked on for the 2011 web store with changing of names and updated of products. For now it is of general use. I hope to have it updated by 2011.

I hope this helps those that ask many questions about the products and herbs in the formulas. I know it actually would take thousands of pages to give a historical use of each and every herb and I have done a poor job to date attempting to explain each herb and use the study of desert parsley as the example of what each study should consist of. Those wishing to do studies on each individual herb would be fantastic, I would always find delight in reading your studies.

## **SYRUPS / TINCTURES FORMULAS**

### **ADRENAL BALANCE**

INGREDIENTS: Mullein leaves, Licorice Root, Siberian Ginseng Root, Gotu Kola Herb, Hawthorn Berries, Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root, Oregano preserved in Plant based Syrups and tincture.

### **BABY CALM**

INGREDIENTS: Catnip, Fennel and Olive Leaf in a Glycerin, maple syrup & herbal tincture, with wild oregano oil.

### **BF&C SYRUP**

Bone/Flesh/Cartilage

INGREDIENTS: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Comfrey. rt., Walnut bark, Gravel rt., Sorghum/Glycerin/Alcohol, & wild oregano oil.

### **BLOOD PURIFY**

INGREDIENTS: Red clover blossoms, Chaparral, Licorice root, Poke root, Peach bark, Oregon grape root, Stillingia, Cascara sagrada, Sarsaparilla, Prickly ash bark, Burdock root, Buckthorn bark, Olive leaf, In a Tincture/Syrup base.

### **BUGLEWEED**

"ORIGINAL" FORMULA # 39

Master Herbalist Formulated

ALCOHOL FREE INGREDIENTS: Bugle Weed herb in Syrup Base

### **CALCIUM SYRUP**

INGREDIENTS: Horsetail Grass, Oat straw Herb, Comfrey Leaf, Lobelia Herb, Plant Minerals, Glycerin, 10% pure Olive Leaf Tincture, & Oregano oil.

### **CYCLE EZE**

Helps Relieve PMS & Promotes Balance of the Female Body

INGREDIENTS: Blessed Thistle herb, Dong Quai Root, Bupleurum Root, Squaw vine Herb, Red Clover Blossom, Cramp Bark, Black Cohosh Root, Sarsaparilla Root, Uva Ursi Leaves, Marshmallow Root, Olive Leaf, In a Glycerin/Sorghum/Tincture base, with Wild Oregano Oil.

### **DEWORMER**

INGREDIENTS: Male bud, immature green hull & young twig of the black walnut tree, Olive tree leaf/rt. bark, Clove, Pumpkin seed, Wormwood, Raw Vinegar, Glycerin/Sorghum Alcohol, & wild oregano oil.

### **ADULT DEWORMER**

Herbal De-Wormer (adult)

INGREDIENTS: Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasel Marker, Male bud, immature green hull & young twig of the black walnut tree, Olive tree leaf/rt. bark, Clove, Pumpkin seed, Wormwood, Thuji, Juniper Berry, Garlic, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Fennel, Bergamot, Cardamom, Cayenne, Raw Vinegar, Glycerin/Sorghum Alcohol, & wild oregano oil.

#### EYE BALANCE

INGREDIENTS: A synergistic blend of the following herbs: Bayberry bark, Eyebright herb, Golden seal root, Red Raspberry leaves, Olive Leaf, Cayenne, & oregano preserved in Glycerin, Maple Syrup and tincture.

#### HORMONE BALANCE SYRUP

INGREDIENTS: Black cohosh, Sarsaparilla, Ginseng, Sage, Licorice, False unicorn, Blessed thistle, Squaw vine, Olive leaf, Glycerin, Sorghum Molasses, Tree Potassium/Iodine Minerals, & Oregano Oil

#### IMMUNE CALM S/T

INGREDIENTS: Marshmallow Rt. & Astragalus, in a Glycerin, maple syrup & herbal tincture, with wild oregano oil.

#### IODINE MINERALS

INGREDIENTS: Tree Iodine/Potassium extract, Olive Leaf, Comfrey Rt., Oak Bark, Horsetail Grass, Peppermint, Lobelia Herb, Cloves, Oat straw, Glycerin, Honey, Maple Syrup, Sorghum Molasses, Oregano Oil, and tinctures.

#### IRON BALANCE

INGREDIENTS: Pure Amish Made Sorghum Molasses, concentrated Yellow Dock Root, Olive Leaf tincture & wild oregano oil.

#### K/P/H/P

INGREDIENTS: PARSLEY, HYDRANGEA RT., GRAVEL RT., MARSHMALLOW RT., GINGER RT., UVA URSI, BLACK CHERRY BARK, JUNIPER BERRY, OLIVE LEAF, HAWTHORN BERRY/FLOWER, BILBERRY, WHITE WILLOW, WILLOW HERB, SAW PALMETTO BERRY, PYGUM BARK, CILANTRO, CEDAR BERRY, SORGHUM MOLASSES, NATURAL TREE IODINE, GOLDEN ROD TINCTURES, GLYCERIN & WILD OREGANO.

#### KIDS-B-WELL

INGREDIENTS: Wild crafted- Yarrow, Peppermint, Elderberry flower, Echinacea, Sorghum Molasses, tincture & oregano oil.

#### L/G BALANCE

INGREDIENTS: Wild Yam, Cramp Bark, Fennel Seed, Ginger, Catnip and Peppermint, Olive leaf, Maple Syrup, Glycerin, Sorghum, & Wild Oregano.



### L/G CLEANSE

INGREDIENTS: LECITHIN, OLIVE OIL, FLAX-SEED, GRAPE-SEED, GRAVEL RT, MARSHMALLOW RT, MULLEIN, SCULLCAP, BLACK WALNUT, COMFREY RT, OLIVE LEAF, WHEAT GERM, AVACODO, TREE EXTRACTED IODINE/POTASSIUM & WILD OREGANO OIL.

### LBB ADULT SYRUP

INGREDIENTS: Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed, Fig Syrup, Olive Leaf, Turkey Rhubarb, Tree Iodine/potassium extract, Sorghum, Glycerin, Maple Syrup & Wild Oregano Oil.

### LBB JR SYRUP

INGREDIENTS: Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed, Fig Syrup, Olive Leaf, Turkey Rhubarb, Sorghum, Glycerin, & Wild Oregano Oil.

### LONGEVITY 2010

INGREDIENTS: Approx. 108 herbal extracts including; Cayenne peppers, Vinegar, Garlic, Olive Leaf tincture, Clover blossoms, Wild crafted American Ginseng, Red Ginseng, Mushroom, Peppermint, Graviola, Cats claw, Echinacea, Willow Herb, Calendula flower, Paul De'Arco, Yarrow, Bayberry, Bitter berry, Golden seal, St. John's wort, Cilantro, Tree syrups, plant syrups, Mullein, Lobelia, Comfrey, Black walnut, clove, wormwood, pumpkin seed, Cascara Sagrada, Fennel, Gravel Rt., Hydrangia, Elderberry, Noni fruit, Yellow Dock, Gingko, Red raspberry, Oak, Cedar berry, Desert Parsley, Nettle Rt., Peach Leaf, Catnip, Wild Grape, Blue berry, Burdock, Oregon Grape, Chaparral, Saw Palmetto, Pygum, Apricot seed, Horse radish, Cabbage, Orange, Lemon, Horsetail grass, Thuja, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Bergamot, Glycerin, Oregano oil, Earth minerals, 5 top Parasite/Lymes herbs, top 5 Stone Breaker herbs, etc.

### MAX RESTORE 2010

INGREDIENTS: RAW GARLIC, RAW HONEY, RAW VINEGAR, Olive leaf/twig, Comfrey Rt., Lobelia, Marshmallow, Mullein, Oak Bark, Skullcap, Walnut, Wormwood, Uva ursi, Echinacea, Peppermint, Yarrow, Elder Berry/Flower, Peach leaf, Pine needle, Desert Parsley Rt., Hawthorn Berry, Willow Herb, Cedar Berry, Cilantro, Pyghum Bark, Saw Palmetto Berry, Golden Rod, Cherry Bark, Natural Tree Iodine/Potassium, Chaparral, Skullcap, Golden Seal, Horseradish Rt., Thuja, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Bergamot, Yarrow, Top 5 Parasite / Lymes Herbs, Top 5 Stone Breaker Herbs, Sorghum Molasses, Unfiltered Maple Syrup, Glycerin, Oregano Oil and grain alcohol.

### MEMORY BALANCE

INGREDIENTS: Blue vervain, Gotu kola, Ginkgo biloba, Blessed thistle, Cayenne, Ginger rt., Olive leaf, Lobelia, Sorghum/Maple Syrup, Glycerin/Alcohol, & wild oregano oil.

#### MILK AID

INGREDIENTS: Blessed Thistle herb, Red Raspberry, Olive Leaf, Glycerin/Sorghum Molasses, & Oregano Oil.

\*Alcohol Free\*

#### MIND TRAC

INGREDIENTS: Korean Ginseng, Rosemary Leaves, Ginkgo biloba, Oregon Grape Root, Milk Thistle, Wild Yam Root, Skullcap, Jurassic Green certified organic Alfalfa, Barley and Kamut, Valerian, St. John's wort, Mullein leaf, Lobelia, Gotu Kola, Sarsaparilla, Dandelion & PLANT AND OCEAN MINERALS.

#### OLIVE LEAF ECHINACEA SYRUP

INGREDIENTS: OLIVE LEAF, ECHINACEA RT., GLYCERIN, SORGHUM MOLASSES, MAPLE SYRUP, 10% TINCTURE, & OREGANO OIL.

#### OLIVE LEAF SYRUP

INGREDIENTS: OLIVE LEAF, GLYCERIN, SORGHUM MOLASSES, MAPLE SYRUP, TINCTURE & OREGANO OIL.

#### PICA

INGREDIENTS: CONCENTRATED PLANT/TREE MINERALS, OCEAN MINERALS, HONEY, TREE IODINE, Plus: 10% Olive Leaf tincture and Wild Oregano.

AN ORGANIC IRON & POTASSIUM SOLUTION TO CURB "PICA".

#### POTASSIUM RICH

INGREDIENTS: Elder berry, Black walnut, Olive Leaf, Sorghum, Glycerin, & Oregano.

#### PRENATAL

INGREDIENTS: Squaw vine, Holy Thistle, Black Cohosh, Pennyroyal, False Unicorn, Raspberry leaves and Lobelia.

#### RED RASPBERRY SYRUP

INGREDIENTS: Red raspberry leaf, Olive Leaf, Tree/Plant Minerals, & Oregano.

#### SLEEP EZE SYRUP

INGREDIENTS: Black Cohosh, Cayenne, Hops flowers, Lobelia, Skullcap, Valerian, Wood Betony and Mistletoe. Chamomile, Passion Flower, "Pica" formula, Blood Purify Formula, Maple Syrup, Sorghum with Oregano Oil preserved in extract tincture.

#### TODDLER ESSENTIALS

Mineral Rich Immune & Colon Support

INGREDIENTS: Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed, Fig Syrup, Olive Leaf, Marshmallow Rt., Astragalus, Turkey Rhubarb, maple syrup, CONCENTRATED PLANT/TREE MINERALS, OCEAN MINERALS, HONEY, TREE IODINE, Sorghum, Glycerin, & Wild Oregano Oil.  
IDEAL FOR AGES 1-5

## **CAPSULES**

### **ADRENAL BALANCE CAPSULES**

INGREDIENTS: Mullein leaves, Licorice Root, Eleutherococcus Rt., Gotu Kola Herb, Hawthorn Berries, Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root.

### **BF&C CAPSULES**

INGREDIENTS: Gravel rt., Marshmallow rt., Mullein, Lobelia, Wormwood, Skullcap, Black Walnut Bark, Comfrey rt., & Olive Leaf.

### **CALCIUM BALANCE CAPSULES**

INGREDIENTS: Horsetail Grass, Oat straw Herb, Comfrey Leaf, Lobelia Herb, & Olive Leaf.

### **HORMONE BALANCE CAPSULES**

INGREDIENTS: Black cohosh, Sarsaparilla, Ginseng, Licorice, False unicorn, Holy thistle, Squaw vine, & Olive leaf.

### **IMMUNE CALM CAPSULES**

INGREDIENTS: Marshmallow root and Astragalus.

### **LOWER BOWEL BALANCE CAPSULES**

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, Olive leaf.

### **MRS. BAREFOOT CAPSULES**

INGREDIENTS: Shave grass herb, Alfalfa leaf, Comfrey rt., Dandelion leaf, Dulce granules, Irish moss, Red pepper, Ginger rt., Chlorella, Beet rt., Oat straw, Lobelia herb, Barley grass, Kelp, Spirulina, Rosehips, Blue violet leaf, Nutritional yeast, Noni Fruit & Olive Leaf.

### **NO BLEED CAPSULES**

A blend of traditional herbal powders known to aid "stop" bleeding from accidental cuts, punctures, etc. NORMALIZES CIRCULATION AND BLOOD CALCIUM.

Externally: apply freely direct into the injury and then cover with bandage. Don't remove the powder, just add more if desired. Keeping on until completely healed will prevent scarring. Apply to all external sores and tissues that need to heal. Do not apply to burns.

Internally: take direct by mouth to aid in stopping internal/external bleeding as needed. Can be mixed with water/juice, etc. Take immediately by mouth in case of heart attack, chest pains, etc.

BLEEDERS: APPLY DIRECT TO CUT AND ALSO 1/8TH TEASPOON BY MOUTH.

### OLIVE LEAF CAPSULES

INGREDIENTS: OLIVE LEAF

Olea europaea

### SLEEP EZE CAPSULES

INGREDIENTS: Hops flowers, Skullcap, Valerian. Chamomile, Passion Flower & Chamomile flower.

### ULCER AID CAPSULES

## **TINCTURES**

### AIR RESTORE

INGREDIENTS:

WILDCRAFTED WHOLE HERB MULLEIN & LOBELIA

Preserved with apple cider vinegar & tincture.

This formula has been used historically with a focus on respiratory ailments, coughs, colds, croup, bronchitis and asthma. Mainly due to its soothing nature, Mullein has also been used in the treatment of hemorrhoids, ulcers and inflammatory skin disorders, as well as earaches and many lung ailments. One reason many herbalists tend to favor mullein is simply because of its ability to break up congestion. Mullein is also known to many herbalists as a specific herb to help assist the body with many glandular disorders. Through the accumulation of toxic waste in the body from improper diet, poor blood stream and sluggish circulation, the glands become congested and infected and swell up to cause much pain and misery. (There are glandular systems that swell on the neck, breast, groin, under arm, etc.) Mullein is definitely the herb of choice to many herbalists when it comes to the glandular systems of the body.

### B&B

Ingredients: Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Olive Leaf, & Oregano in pure grain alcohol

This formula is a formula specific to the motor nerves. Yet it is greatly beneficial to the whole nervous system. It is also popular for earaches and hearing loss. Used historically to help aid in assisting an improvement of poor equilibrium, failure of hearing, aiding the motor nerves, helping to rebuild the nerves and nervous system, etc. This formula has also been used historically for the health and vitality of the spinal cord and other nerves.

### BF&C TINCTURE

INGREDIENTS: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Comfrey. rt., Walnut bark, Gravel rt., Alcohol, & wild oregano oil.

#### BLACK WALNUT BLUD TINC

INGREDIENTS: Male bud, Raw Vinegar, & Alcohol.

#### BURDOCK ROOT TINC

INGREDIENTS: Wild Crafted Burdock Root extracted tincture.

#### CAYENNE 5 BLEND

INGREDIENTS: 5 Home Grown HOT CAYEENE PEPPERS.

#### DESERT PARSLEY

INGREDIENTS: Whole root desert parsley tincture. (Lomatium dissectum)

THIS IS A HOMEMADE PRODUCT. USE ONLY AS DIRECTED BY A PROFESSIONAL CARE GIVER.

#### ECHINACEA RT TINC

INGREDIENTS: ECHINACEA RT. TINCTURE.

A popular remedy during the cold and flu seasons.

#### ELDERBERRY TINC

INGREDIENTS: Whole Elder berry in tincture.

Elderberries have been used historically and traditionally as food, particularly in the dried form. Elderberry wine, pie, and lemonade are some of the popular ways to prepare this plant as food. The leaves were touted to be pain relieving and to promote healing of injuries when applied as a poultice. Native Americans used the plant for infections, coughs, and skin conditions. Elderberry has been used historically as an effective treatment for influenza.

#### EYE WASH

INGREDIENTS: A synergistic blend of the following herbs: Bayberry bark, Eyebright herb, Golden seal root, Red Raspberry leaves, Olive Leaf, Cayenne, & oregano preserved in tincture.

#### GINSENG TINC

INGREDIENTS: Wild crafted American.

THIS IS A HOMEMADE PRODUCT.

Adults ONLY!

Ginseng has been known across the nations to help promote excellent health, help combat stress and fatigue, disease in general, and so on. This list is virtually endless. In the Chinese book of medicine known as Shen Nung Materia medica, Ginseng is known as the following: A tonic to the five viscera: quieting the spirits, establishing the soul, allaying fear, expelling evil effluvia, brightening the eyes, opening the heart, benefiting the understanding and, if taken for some time, invigorating the body and prolonging life.



Ginseng has been used historically for many different ailments, such as the following: tuberculosis, coughs, nausea, diabetes, indigestion, diarrhea, kidney degeneration, gout, rheumatism, suppurating sores, carbuncles, enuresis, insomnia, leprosy and radiation poisoning, weakness of the spleen, longevity, sexual indifference and impotence just to mention a few. Ginseng is also known by many as the "cure all" in natural medicine, or the all around tonic for whole body balance.

#### 12 YRS+ GINSENG

INGREDIENTS: Wild crafted North American. Lifetime Collection / aged 10+ years!

Some of the roots are up to 100 years old.

THIS IS A HOMEMADE PRODUCT.

Adults ONLY!

#### GOLDEN ROD

INGREDIENTS: WILDCRAFTED GOLDEN ROD FLOWER IN TINCTURE.

#### GRAVEL RT TINC

INGREDIENTS: Gravel Rt. made in tincture.

#### HAWTHORN

INGREDIENTS: Hawthorn Berry.

Hawthorn contains bioflavonoid-like complexes, which are potent antioxidants (such as Oligomeric Procyanidins (OPCs), vitexin, quercetin, and hyperoside) that appear to be helpful for the cardiac actions of the plant. Hawthorn, unlike other cardio-stimulants, it slowly act on circulatory and cardiovascular disorders via causing dilation of the blood vessels, especially the coronary arteries, and by causing some reduction in blood pressure. It is helpful in the herbal aid of Angina, Congestive heart failure, Atherosclerosis and many other heart disorders. Another benefit of Hawthorn on the heart and blood vessels is how it may help improve coronary artery blood flow and the overall strength of the heart muscle. This herb has maximum effect and benefit when used over a prolonged period of time. It is also extremely safe during pregnancy or lactation and for long-term use. People taking prescription cardiac medications should consult their herbal / medical doctor before using Hawthorn containing products.

#### HEART DROPS

Ingredients: Cayenne, Garlic, Olive Leaf, Hawthorn Berry/flower, Bilberry, White Willow, Natural Tree Iodine & Wild Oregano Hydrosol.

The heart is the most vital muscle in the whole body. Thus, it is our life pump, and when it is not properly fed (with wholesome foods) it suffers malfunction, weakness, degeneration and eventually many other health issues. This in its totality is a major cause of heart failure, which is one of America's greatest killers. The hawthorn syrup is considered by many to be the best heart tonic or food, used historically to help restore back optimum health of the heart

#### HYDRANGEA RT

INGREDIENTS: Hydrangea rt. in Tincture.

[Natural Tree Based "Green" Tree Iodine Tincture](#)

INGREDIENTS: All Natural Tree based Iodine / Potassium extracted tincture.

[IVY/ITCH](#)

INGREDIENTS: Tincture of Burdock, Yellow Dock, Sarsaparilla, Bugleweed, lobelia, & SSKI

Suggested dose: (Adult) 1 tsp, 3-4 times per day.

[KIDNEY/PANCREAS TINC](#)

INGREDIENTS: PARSLEY, HYDRANGEA RT., GRAVEL RT., MARSHMALLOW RT., GINGER RT., UVA URSI, BLACK CHERRY BARK, JUNIPER BERRY, OLIVE LEAF, CILANTRO, CEDAR BERRY, GOLDEN ROD TINCTURES & WILD OREGANO.

TO REMOVE ALCOHOL PUT IN TEA CUP AND POUR HOT WATER OVER IT AND STIR.

[LIVER ITCH](#)

INGREDIENTS: Cats Claw, Echinacea, Goldenseal, & Virginia Snake Rt. in tincture

[LOBELIA TINC](#)

INGREDIENTS: Lobelia Herb extracted in grain alcohol.

[OAK BARK](#)

INGREDIENTS: White Oak Bark in tincture.

[OLIVE LEAF TINCTURE](#)

PUMPKIN SEED TINC

INGREDIENTS: Pumpkin Seeds extracted tincture.

[ST JOHNS WART](#)

INGREDIENTS: WILDCRAFTED ST. JOHN'S WORT IN TINCTURE.

[UVA-URSI](#)

INGREDIENTS: UVA-URSI TINCTURE

[VIGINIA SNAKEROOT TINC](#)

INGREDIENTS: Wild Crafted Virginia Snake Rt. extracted tincture

[WORMWOOD](#)

INGREDIENTS: Wormwood tincture.

[YELLOW DOCK TINC](#)

INGREDIENTS: YELLOW DOCK IN TINCTURE

## **POWDERS AND TEAS**

### **BF&C POWDER -OR- BF&C TEA**

INGREDIENTS: Gravel rt., Marshmallow rt., Mullein, Lobelia, Wormwood, Skullcap, Black Walnut Bark, Comfrey rt., & Olive Leaf.

### **BOLUS**

INGREDIENTS: Squaw vine, Slippery Elm, Yellow dock rt., Comfrey Rt., Marshmallow rt., Chickweed, Goldenseal rt., & Mullein.

### **BLOOD PURIFY**

INGREDIENTS: Red clover blossoms, Chaparral, Licorice root, Poke root, Peach bark, Oregon grape root, Stillingia, Cascara sagrada, Sarsaparilla, Prickly ash bark, Burdock root, Buckthorn bark, Olive leaf.

### **CALCIUM BALANCE TEA**

INGREDIENTS: Horsetail Grass, Oat straw Herb, Comfrey Leaf, Lobelia Herb, & Olive Leaf.

### **IMMUNE CALM POWDER**

INGREDIENTS: Marshmallow root and Astragalus.

### **LOWER BOWEL BALANCE POWDER**

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, Olive leaf

### **MRS. BAREFOOT POWDER**

INGREDIENTS: Shave grass herb, Alfalfa leaf, Comfrey rt., Dandelion leaf, Dulce granules, Irish moss, Red pepper, Ginger rt., Chlorella, Beet rt., Oat straw, Lobelia herb, Barley grass, Kelp, Spirulina, Rosehips, Blue violet leaf, Nutritional yeast, Noni Fruit & Olive Leaf.

### **NO BLEED**

A blend of traditional herbal powders known to aid "stop" bleeding from accidental cuts, punctures, etc. NORMALIZES CIRCULATION AND BLOOD CALCIUM.

Externally: apply freely direct into the injury and then cover with bandage. Don't remove the powder, just add more if desired. Keeping on until completely healed will prevent scarring. Apply to all external sores and tissues that need to heal. Do not apply to burns. Internally: take direct by mouth to aid in stopping internal/external bleeding as needed. Can be mixed with water/juice, etc. Take immediately by mouth in case of heart attack, chest pains, etc.

BLEEDERS: APPLY DIRECT TO CUT AND ALSO 1/8TH TEASPOON BY MOUTH.

### **NO CRASH**

INGREDIENTS: Acai berry, Acerola berry extract, Barley grass, Bee pollen, Bilberry fruit, Burdock rt., Chaste Tree berry, Chlorella, Comfrey rt., Dandelion rt., Ginseng rt., Noni Fruit, Beet rt., Spirulina, Carrot rt., Deep earth clay, Nutritional yeast.

#### NO CRASH ADVANCED

INGREDIENTS: Acai berry, Acerola berry extract, Barley grass, Bee pollen, Bilberry fruit, Burdock rt., Chaste Tree berry, Chlorella, Comfrey rt., Dandelion rt., Ginseng rt., Noni Fruit, Beet rt., Spirulina, Carrot rt., Deep earth clay, Nutritional yeast, & Yeast.

#### OLIVE LEAF POWDER -OR- LEAVES

INGREDIENTS: OLIVE LEAF  
Olea europaea

#### RED RASPBERRY TEA

INGREDIENTS: Red raspberry leaf c/s.

#### SLIPPERY ELM

INGREDIENTS: Slippery elm powder

#### TOOTH AND GUM POWDER

INGREDIENTS: Comfrey rt., Oak bark, Horsetail grass, Peppermint, Lobelia herb, & Cloves.

#### TOP KNOT TEA

INGREDIENTS: Chamomile Flower, Yarrow, Peach Leaf, Nettle Rt., Chaparral Herb, & Ginkgo Leaf.

#### YELLOW DOCK TEA

INGREDIENTS: YELLOW DOCK COMBINATION

## **SPRAYS**

#### ACAI

Ingredients: ACIA wild crafted berries, Earth / Ocean Minerals extracted tinctures with essential plant oils.

#### ACNE

Ingredients: Wild yam, Oak, Yellow dock, Garlic, Tree Iodine, Skin Itch Tonic, Blood Purify Formula, Golden seal, De-Wormer 5, Olive leaf, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

### ANTI-SPASMOTIC

Ingredients: Lobelia, Skullcap, Skunk Cabbage, Myrrh Gum, Black Cohosh, Cayenne, Valerian Rt., Olive Leaf, Tree Iodine Minerals, Earth / Ocean, Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times daily on legs for restless leg syndrome, once in mouth for hiccups, and as desired for spasms.

### ANTI-GERM SPRAY

Ingredients: Elephant Garlic, Tree Iodine, Cayenne, Virginia Snake rt., Lobelia, Goldenseal, Tree / Earth / Ocean Iodine Minerals, 10 essential oils, Raw Apple Cider Vinegar, Olive Leaf, Desert Parsley; extracted in herbal tincture.

Suggested use: Spray 1-3 x as desired in rooms, car, etc.

### BABY CALM/TOOTH AND GUM

Ingredients: Catnip, Fennel, Comfrey rt., Oak bark, Horsetail grass, Peppermint, Lobelia herb, Sorghum Molasses, Maple Syrup, Glycerin, Tree Minerals, Cloves, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times on teethe and gums as desired. No need to spit out. Or as suggested by your care provider.

### BREATH OF LIFE/ SINUS

Ingredients: Mullein, Lobelia, Goldenseal, Sinus Formula, Tree / Earth / Ocean Iodine Minerals, essential oils, Raw Apple Cider Vinegar, Olive Leaf, Desert Parsley; extracted in herbal tincture.

Suggested use: Breath- spray throat /mouth. Sinus- Spray nose/face at bedtime.

### BURDOCK SPRAY

#### BURN SPRAY

Ingredients: Apricot Oil, Olive Oil, Raw Honey, Aloe herb, Comfrey rt., Marshmallow rt., Burdock rt. Mullein flower, Plantain herb, Earth / Ocean Minerals extracted in grain alcohol/water with essential plant oils.

Suggested use: Spray immediately ASAP directly on Sun / fire / chemical burns as many times as needed to relieve pain. Once relief is established; follow B & W methods. Spray between dressings

### CALM/SLEEP AID

Ingredients: Black Cohosh, Cayenne, Hops flowers, Lobelia, Skullcap, Valerian, Wood Betony and Mistletoe, Chamomile, Passion Flower, Tree Minerals, Cloves, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray on forehead / face or as suggested by your care provider.



### CHEST AND THROAT

Ingredients: Golden seal, Garlic, Horseradish, Yarrow, Peppermint, Elderberry, Echinacea, Air Restore Formula, Desert Parsley, Earth / Ocean Minerals extracted tinctures with essential plant oils.

Suggested use: Spray one or more times daily in mouth and upper throat /neck or where desired.

### DESERT PARSLEY

Ingredients: Desert Parsley, Earth / Ocean Minerals extracted tinctures with essential plant oils.

Suggested use: Spray one or more times daily on spine / hips; in mouth or where desired.

### EAR ACHE

Ingredients: GARLIC / B&B FORMULA Earth / Ocean Minerals extracted in grain water / alcohol with essential plant oils.

Suggested use: Spray one or more times daily on ears and upper throat /spine or where desired.

### ELDERBERRY SPRAY

#### EYES

Ingredients: Eyebright, Wolf Berries, Acai Berries, Willow Herb, Olive Leaf, Air Restore formula, BF&C formula, Yellow Dock Iron formula, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times daily as desired on closed eyes. Use caution. Can be sprayed in ears, etc. as well, etc...Direct eye contact is extremely Self-Experimental.

#### EYES ADVANCED

Ingredients: Eyebright, Wolf Berries, Acai Berries, Willow Herb, Olive Leaf, Air Restore formula, BF&C formula, Yellow Dock Iron formula, Eye Wash formula, Earth / Ocean Minerals extracted in rain water/alcohol with essential plant oils

### FOOD SPRAY

Ingredients: Wolf, Juniper, Acai, Cedar, Goose, Bitter, Elder, Straw, Hawthorn, Saw Palmetto BERRIES, Grape, Red Raspberry, Noni, Rosehips, Ginseng, Pygum, Willow Herb, Chickweed, Black Walnut Buds, Olive Leaf, Burdock Rt., Cilantro, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

### FOOD SQUIRT

Ingredients: Maple Syrup, Wolf, Juniper, Acai, Cedar, Goose, Bitter, Elder, Straw, Hawthorn, Saw Palmetto BERRIES, Grape, Red Raspberry, Noni, Rosehips, Ginseng, Pygum, Willow Herb, Chickweed, Black Walnut Buds, Olive Leaf, Burdock Rt.,

Cilantro, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

### GOLDEN SEAL SPRAY

#### HEARING AID REG

Ingredients: B&B FORMULA Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times daily on ears and upper spine or where desired.

#### HEART

Ingredients: Cayenne, Garlic, Olive Leaf, Hawthorn Berry flower, Bilberry, White Willow, Willow Herb, Horsetail, Earth / Ocean Minerals extracted in grain water / alcohol with essential plant oils.

Suggested use: Spray / roll one or more times daily on chest or where desired

#### HORMONE

Ingredients: Black Cohosh rt., Sarsaparilla rt., Ginseng, Licorice rt., Blessed Thistle, False Unicorn, Squaw vine, Sage, Olive Leaf, Tree / Earth / Ocean Minerals, Essential oils, Raw Apple Cider Vinegar, extracted in herbal tincture.

Suggested use: Spray the neck/side of face 1-3 x daily as desired. Spraying the air and breathing is optional.

#### IODINE/POTASSIUM

Ingredients: Elderberry, Black Walnut Tree, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times daily on feet, hands or where desired.

#### IVY

Ingredients: Sassafras Rt., Virginia Snake Rt., Chickweed, Comfrey, Burdock, Sarsaparilla, Lobelia, Natural Tree Iodine Minerals, Yellow Dock Formula, Soloms Seal, Teasel Rt., Oak Bark, Earth / Ocean Minerals extracted; with added essential plant oils.

Suggested use: Spray / roll - one or more times daily where desired.

#### KIDNEY/PANCREAS

Ingredients: PARSLEY, HYDRANGEA RT., GRAVEL RT., MARSHMALLOW RT., GINGER RT., UVA URSI, BLACK CHERRY BARK, JUNIPER BERRY, OLIVE LEAF, CILANTRO, CEDAR BERRY, GOLDEN ROD Tree / Earth / Ocean Iodine Minerals, essential oils, Raw Apple Cider Vinegar, Olive Leaf, Desert Parsley; extracted in herbal tincture.

Suggested use: Spray as desired on lower back or where desired.

### LBB

Ingredients: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times as needed on lower spine, etc

### LOBELIA

INGREDIENTS: Lobelia Herb, Earth / Ocean Minerals extracted tinctures with essential plant oils

### MIND TRAC

Ingredients: Mind Trac Formula, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in tincture with essential plant oils, Chamomile, etc..

### MUSHROOM

Ingredients: SHIITAKE MUSHROOM,  
Earth / Ocean Minerals extracted tinctures  
with essential plant oils

### PAU D' ARCO

Ingredients: De Arco wild crafted root, Earth / Ocean Minerals extracted tinctures with essential plant oils.

### ROOM SPRAY

Directions: Spray several times in the bedroom to aid in sleeping less congested breathing. Also may be applied to pajamas, etc. Adults may spray direct to chest/neck area. Avoid direct eye contact. Or as directed by "YOUR" healthcare practitioner.

Ingredients: Mullein Herb, Lobelia Herb, Minerals both Earth/Ocean, Essential Oils, extracted in grain water/alcohol.

### SILVER CORD KIT

Ingredients: Mormon Tea, Ma Huang, Red Ginseng, American Ginseng, Chaparral, Black Walnut Buds, Burdock Rt., Blood Purify formula, Kidney/Pancreas Formula, Desert Parsley, Virginia Snake Rt., B&B formula, Mind Trac formula, Bugal Weed, Hormone Balance Formula, Yarrow, Cilantro, Air Restore formula, Wild Yam, Comfrey, BF&C formula, Yellow Dock, Willow herb, St. John's Wort, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

### STOP SMOKING

Ingredients: BITTER BERRY, ROSEHIPS, LOBELIA, CAYENNE5 BLEND, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times as needed each time the urge to smoke occurs.

### SOLEMANS SEAL

Ingredients: True Solomon's Seal, Earth / Ocean Minerals extracted tinctures with essential plant oils.

Suggested use: Spray one or more times daily on spine / hips; in mouth or where desired.

#### SPRAY I

Directions: (3x daily) Apply liberally to the wrist, fingers, ankles, toes, spine, hips, neck, knees, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Close eyes when spraying the face. Or as directed by "YOUR" healthcare practitioner.

Ingredients: Minerals both Earth/Ocean & Herbs extracted in grain water/alcohol with essential plant oils.

#### SPRAY II

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

#### SPRAY III

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

#### TEASEL MARKER

Ingredients: Teasel Marker wild crafted root, Earth / Ocean Minerals extracted tinctures with essential plant oils.

Suggested use: Spray one or more times daily where desired

#### TETNUS SPRAY

#### TOOTH AND GUM

Ingredients: Comfrey rt., Oak bark, Horsetail grass, Peppermint, Lobelia herb, Cloves, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times on teethe and gums. Brush when possible. No need to spit out. Or as suggested by your care provider.

#### THYROID

Ingredients: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Comfrey. rt., Walnut bark, Gravel rt., Maple Syrup, Mullein, Lobelia, Elderberry, Black Walnut Tree, Earth / Ocean Minerals extracted in grain water / alcohol with essential plant oils.

Suggested use: Spray one or more times daily on sides of neck and massage in upward motion. desired.

### TOP KNOT

INGREDIENTS: Yarrow, Peach Leaf, Nettle Rt., Chaparral, Ginkgo, Cayenne 5 Blend, Saw Palmetto, Olive Leaf, Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Comfrey. rt., Walnut bud / bark, Gravel rt., Tree Iodine Minerals, Wild Yam, 5 Essential / Anointing oils. Made the "Barefoot"108 Way!

Suggested use: Several sprays on top of head, temples and gray or bald areas as many x daily as desired.

VIRGINIA SNAKEROOT Ingredients: Virginia Snake Rt., Tree Minerals, Earth / Ocean Minerals extracted in grain alcohol / water with essential plant oils.

### WART

Ingredients: Garlic, Golden seal rt., Paul d' arco, Shiitake mushroom, Dandelion, Blood rt., Teasel Marker, Black Walnut, Olive Leaf, Sassafras, Yellow dock, Comfrey, Earth / Ocean Minerals extracted tinctures with essential plant oils.

Suggested use: Spray one or more times daily where desired.

### YARROW

Ingredients: Yarrow flower, Tree Minerals, Earth / Ocean Minerals extracted in grain alcohol / water with essential plant oils.

## KITS

### ADULT PARASITE KIT

#### PARASITE TINCTURE

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Ginkgo leaf, Yarrow, Mormom tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Apple cider, Goldenrod honey extracted in tincture.

#### PARASITE SPRAY

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomigranit, Chaparral, Ginkgo leaf, Yarrow, Mormom tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Apple cider, Goldenrod honey extracted in tincture and blended with Herbal Spray I

### NUK EM

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Gingko leaf, Yarrow, Mormom tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Apple cider, Goldenrod honey extracted in tincture and blended with Herbal Spray I & HOT SPICES!

### LAXATIVE

INGREDIENTS: Senna seed pods, Ginger, Coriander, Cloves, Red Raspberry, Cinnamon, Fennel, Peppermint, Olive Leaf, Tree iodine, Sorghum, Maple Syrup, Glycerin, Oregano oil, Syrup/tincture formula.

### STONE BREAKER TINCTURE

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, Oregano oil, Syrup/tincture formula.

### STONE BREAKER BODY SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, Oregano oil, Syrup/tincture formula blended with Earth / Ocean Minerals extracted tinctures with essential plant oils.

### STONE BREAKER FEET SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, Oregano oil, Syrup/tincture formula blended with Earth / Ocean Minerals extracted tinctures with essential plant oils.

### STONE BREAKER JOINTS SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, Oregano oil, Syrup/tincture formula blended with Earth / Ocean Minerals extracted tinctures with essential plant oils.

### PARASITE LURE

INGREDIENTS: Elephant garlic, Onions, Cabbages, Apple cider vinegar, Earth salts, Golden rod honey, Sorghum, Maple Syrup, Glycerin, Oregano oil, Syrup/tincture formula.

### HERBAL BATH EXPERIENCE



INGREDIENTS: Ancient Volcanic Earth Salts / Minerals, Ancient Ocean Salts / Minerals, Herbal Essential Oils, extracted Herbal / Mineral Tincture. External Bathtub Use ONLY! Suggested dose: 1 ounce per long / warm bath.

## ALL-N-ONE KIT

### ALL "N" ONE PART "A"

STOMACH / LIVER / INTESTINE / COLON "STRENGTHEN"

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, & Olive leaf.

Suggested Dose: Treatment. 8 per day for 30 Days.

Prevention. 1-2 with each meal as needed.

150 ct 00 Vegge-Caps

### ALL "N" ONE

#### PRE - CLEANSE KIT Part "B"

Adult Strength

Cleanse and Nourish

Traditional use of Herbs

Anti Parasite Herbs - 4 parts / Hormone Assist Herbs - 1 part / Iron - 1 part / Calcium - 1 part / Kidney - 1/4 part / Pancreas - 1/4 part / Heart - 1/4 part / Prostrate - 1/4 part

Suggested use: 1 tablespoon morning and night for 30 day Pre-Cleanse.

(2 bottles)

Prevention: 1 tablespoon daily (1 bottle per month)

### ALL "N" ONE

#### PRE - CLEANSE KIT Part "C"

Adult Strength

Traditional use of Herbs

Liver - Gallbladder - Cardiac - Vascular - Renal

Cleanse and Nourish

Suggested use: 1 tablespoon morning and night for 30 day

Pre-Cleanse. (2 bottles)

Prevention: 1 tablespoon daily (1 bottle per month)

### ALL "N" ONE

#### SPRAY A

Directions: (3x daily) Apply liberally to the wrist, fingers, ankles, toes, spine, hips, neck, knees, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Close eyes when spraying the face. Or as directed by "YOUR" healthcare practitioner.

Ingredients: Minerals both Earth/Ocean & Herbs extracted in grain water/alcohol with essential plant oils.

### ALL "N" ONE

#### SPRAY B

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsly. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils. (In Tincture Formula using grain alcohol/distilled water)

## **ANTI-PLAGUE KIT**

### **ANTI-PLAGUE TINCTURE**

Master Herbalist private collection of the best known herbs that were beneficial during plagues.

INGREDIENTS: Elephant Garlic, St. John's Wort flower, Desert Parsley Rt., 6 Cayennes Fruit / seed, Turkey Oregano, Japanese Knotweed, Andrographis, Golden Rod Honey extracted tincture.

"ADULT" SELF-EXPERIMENTATION ONLY!

SUGGESTED DOSE:

Prevention: 8 DROPS IN A GLASS OF JUICE OR WATER DAILY.

Treatment: 8 DROPS PER DOSE EVERY HOUR. 8 TOTAL PER DAY.

Plague: WHEN PLAGUE STRIKES AN ENTIRE NATION: 1 DOSE AS OFTEN AS NEEDED.

Not tested or approved by the FDA or FTC for safety or effectiveness. Herbal formulas are experimental use only. Understand all foods, drugs, & supplements if your ill, pregnant or wanting to become pregnant before you practice:

Self-Applied Prevention!

### **ANTI-PLAGUE SPRAY**

INGREDIENTS: Elephant Garlic, St. John's Wort flower, Desert Parsley Rt., 6 Cayennes Fruit / seed, Turkey Oregano, Japanese Knotweed, Andrographis, Golden Rod Honey with Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

SPICE FORMULA VERY HOT!

"ADULT" SELF-EXPERIMENTATION

ONLY! SUGGESTED DOSE: SPRAY ROOMS, ETC. AS DESIRED FOR AROMATHERAPY EFFECT.

### **AIR RESTORE**

INGREDIENTS:

WILDCRAFTED WHOLE HERB MULLEIN & LOBELIA

Preserved with apple cider vinegar & tincture.

### **ANTI-PLAGUE MAGMA SPRAY**

INGREDIENTS: Elephant Garlic, St. John's Wort flower, Desert Parsley Rt., 6 Cayennes Fruit / seed, Turkey Oregano, Japanese Knotweed, Andrographis, Golden Rod Honey with Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.  
SPICE FORMULA INSANELY HOT!  
"ADULT" SELF-EXPERIMENTATION  
ONLY! SUGGESTED DOSE: SPRAY ROOMS, ETC. AS DESIRED FOR AROMATHERAPY EFFECT.

## **DIGESTIVE FLUSH KIT**

### **PART A**

INGREDIENTS: Unfiltered Maple Syrup, Vegetable Glycerin, Valerian Rt., Skullcap, Passion Flower, Hops, Chamomile Flower, Magnesium Sulfate, Distilled Water, and Wild Oregano..

### **PART B**

INGREDIENTS: First Cold Pressed Olive Oil, & Wild Oregano Oil.

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**NOTE:** All of the above mentioned formulas are an incomplete list and all need to be updated. Some may be outdated or been replaced by other formulas, etc. The list supplies a “general” list.

There will always be many misspelled words and incorrect grammar. I never took typing, never was good at spelling / English and type with 2 fingers. If it was not for spell checker I would be in real trouble using a key board.

Many Blessings,  
The “*Barefoot*” Herbalist, M.H. 108  
The School of “*Self-Applied*” Prevention